

Sources Used in Pursue Your Pleasure

Chapter 1: Why Pursuing Your Pleasure Matters—and How To Do So

- Anderson, Joel R., Jordan D. X. Hinton, Alena Bondarchuk-McLaughlin, Scarlet Rosa, Kian Jin Tan, and Lily Moor. "Countering the Monogamy-Superiority Myth: A Meta-Analysis of the Differences in Relationship Satisfaction and Sexual Satisfaction as a Function of Relationship Orientation." *The Journal of Sex Research* 63, no. 1 (March 24, 2025): 130–42. <https://doi.org/10.1080/00224499.2025.2462988>.
- Armstrong, Elizabeth A., Paula England, and Alison C. K. Fogarty. "Accounting for Women's Orgasm and Sexual Enjoyment in College Hookups and Relationships." *American Sociological Review* 77, no. 3 (May 7, 2012): 435–62. <https://doi.org/10.1177/0003122412445802>.
- Balzarini, Rhonda N., Amy Muise, Kiersten Dobson, Taylor Kohut, Stephanie Raposo, and Lorne Campbell. "The Detriments of Unmet Sexual Ideals and Buffering Effect of Sexual Communal Strength." *Journal of Personality and Social Psychology* 120, no. 6 (February 4, 2021): 1521–50. <https://doi.org/10.1037/pspi0000323>.
- Bibby, Emily S., and Joanne Davila. "Sexual Communication and Satisfaction in Young Adults' Monogamous and Consensually Nonmonogamous Relationships." *Journal of Family Psychology* 39, no. 5 (May 12, 2025): 603–13. <https://doi.org/10.1037/fam0001356>.
- Boudreau, Patrick, Amy C. Moors, Liz McConnell, Kalyn Su, and Sophie Camilleri. "Time Management, Stigma, Jealousy, and More: A Content Analysis of the Challenges of Polyamory." *Journal of Sex & Marital Therapy* 52, no. 5 (May 25, 2026): 530–43. <https://doi.org/10.1080/0092623x.2026.2678253>.
- Bright, Susie. *Susie Bright's Sexual State of the Union*. San Francisco: Cleis Press, 1997.
- Caron, Sandra L. *The Sex Lives of College Students: Three Decades of Attitudes and Behaviors*. 3rd ed. Orono: University of Maine Press, 2021.
- Chalker, Rebecca. *The Clitoral Truth: The Secret World at Your Fingertips*. New York: Seven Stories Press, 2011.
- Cooper, Erin B., Allan Fenigstein, and Robert L. Fauber. "The Faking Orgasm Scale for Women: Psychometric Properties." *Archives of Sexual Behavior* 43, no. 3 (December 17, 2013): 423–35. <https://doi.org/10.1007/s10508-013-0212-z>.
- Conley, Terri D., and Verena Klein. "Women Get Worse Sex: A Confound in the Explanation of Gender Differences in Sexuality." *Perspectives on Psychological Science* 17, no. 4 (February 16, 2022): 960–78. <https://doi.org/10.1177/17456916211041598>.
- Diamond, Lisa M. "What Does Sexual Orientation Orient? A Biobehavioral Model Distinguishing Romantic Love and Sexual Desire." *Psychological Review* 110, no. 1 (January 1, 2003): 173–92. <https://doi.org/10.1037/0033-295x.110.1.173>.
- Frederick, David A., H. Kate St. John, Justin R. Garcia, and Elisabeth A. Lloyd. "Differences in Orgasm Frequency Among Gay, Lesbian, Bisexual, and Heterosexual Men and Women in a U.S. National Sample." *Archives of Sexual Behavior* 47, no. 1 (February 17, 2017): 273–88. <https://doi.org/10.1007/s10508-017-0939-z>.
- French, Juliana E., James K. McNulty, Anastasia Makhanova, Jon K. Maner, Lisa A. Eckel, Larissa Nikonova, and Andrea L. Meltzer. "An Empirical Investigation of the Roles of Biological, Relational, Cognitive, and Emotional Factors in Explaining Sex Differences in Dyadic Sexual Desire." *Biological Psychology* 174 (August 27, 2022): 108421. <https://doi.org/10.1016/j.biopsycho.2022.108421>.

- Giorgianni, Francesca, Elisa Danthinne, and Rachel F. Rodgers. "Consumer Warning Versus Systemic Change: The Effects of Including Disclaimer Labels on Images That Have or Have Not Been Digitally Modified on Body Image." *Body Image* 34 (August 2, 2020): 249–58. <https://doi.org/10.1016/j.bodyim.2020.07.007>.
- Goodman, Danya L., Omri Gillath, and Parnia Haj-Mohamadi. "Development and Validation of the Pretending Orgasm Reasons Measure." *Archives of Sexual Behavior* 46, no. 7 (April 17, 2017): 1973–91. <https://doi.org/10.1007/s10508-016-0928-7>.
- Hegazy, Abdelmonem. "Hymen: Facts and Conceptions." *Zagazig Journal*, March 11, 2014. https://www.academia.edu/6379649/Hymen_facts_and_conceptions.
- Helpman, Liat. "On The Stress of Being a Woman: The Synergistic Contribution of Sex as a Biological Variable and Gender as a Psychosocial One to Risk of Stress-related Disorders." *Neuroscience & Biobehavioral Reviews* 150 (May 2, 2023): 105211. <https://doi.org/10.1016/j.neubiorev.2023.105211>.
- Herbenick, Debby, Heather Eastman-Mueller, Tsung-Chieh Fu, Brian Dodge, Kia Ponander, and Stephanie A. Sanders. "Women's Sexual Satisfaction, Communication, and Reasons for (No Longer) Faking Orgasm: Findings from a U.S. Probability Sample." *Archives of Sexual Behavior* 48, no. 8 (September 9, 2019): 2461–72. <https://doi.org/10.1007/s10508-019-01493-0>
- Hirani, S., G. Lasiuk, and K. Hegadoren. "The Intersection of Gender and Resilience." *Journal of Psychiatric and Mental Health Nursing* 23, no. 6–7 (August 1, 2016): 455–67. <https://doi.org/10.1111/jpm.12313>.
- Howes, L., Sandra L. Caron, and C. Erdley. "Faking Orgasm: Interviews with College Women about How, When, and Why They Pretend to Experience Orgasm." *Archives of Women's Health and Care* 6, no. 2 (2023). <https://doi.org/10.31038/AWHC.2023623>.
- Hogue, Jacqueline V., Natalie O. Rosen, Amanda Bockaj, Emily A. Impett, and Amy Muise. "Sexual Communal Motivation in Couples Coping with Low Sexual Interest/Arousal: Associations with Sexual Well-Being and Sexual Goals." *PLOS ONE* 14, no. 7 (July 17, 2019): e0219768. [10.1371/journal.pone.0219768](https://doi.org/10.1371/journal.pone.0219768)
- Ellison, Christine R. *Women's Sexualities: Generations of Women Share Intimate Secrets of Sexual Self-Acceptance*. Oakland, CA: New Harbinger Publications, 2000.
- Frederick, David A., Brian Joseph Gillespie, Janet Lever, Vincent Berardi, and Justin R. Garcia. "Debunking Lesbian Bed Death: Using Coarsened Exact Matching to Compare Sexual Practices and Satisfaction of Lesbian and Heterosexual Women." *Archives of Sexual Behavior* 50, no. 8 (November 1, 2021): 3601–19. <https://doi.org/10.1007/s10508-021-02096-4>.
- Jern, Patrick, Outi Hakala, Antti Kärnä, and Annika Gunst. "A Longitudinal Assessment of Associations Between Women's Tendency to Pretend Orgasm, Orgasm Function, and Intercourse-Related Pain in Different Partner Relationship Constellations." *Archives of Sexual Behavior* 47, no. 3 (December 5, 2017): 671–79. <https://doi.org/10.1007/s10508-017-1117-z>.
- Mahar, Elizabeth A., Laurie B. Mintz, and Brianna M. Akers. "Orgasm Equality: Scientific Findings and Societal Implications." *Current Sexual Health Reports* 12, no. 1 (January 8, 2020): 24–32. <https://doi.org/10.1007/s11930-020-00237-9>.
- Masters, William H., Virginia E. Johnson, and Reproductive Biology Research Foundation. *Human Sexual Response*. Boston: Little, Brown, 1966.
- McClelland, Sara I. "'What Do You Mean When You Say That You Are Sexually Satisfied?' A Mixed Methods Study." *Feminism and Psychology* 24, no. 1 (November 14, 2013): 74–96. <https://doi.org/10.1177/0959353513508392>.

- McElroy, Elizabeth E., and Samuel L. Perry. "The Gender Gap in Partnered Orgasm: A Scoping Review of Evidence with Graphical Comparisons." *Journal of Sex Research* 61, no. 9 (August 29, 2024): 1298–1315. <https://doi.org/10.1080/00224499.2024.2390672>.
- Mogilski, Justin K., Geoffrey F. Miller, Peter K. Jonason, Katarzyna Grunt-Mejer, Jaroslava Varella Valentova, Rhonda Balzarini, David L. Rodrigues, et al. "How Do People Maintain Consensual Non-Monogamy? An International Development and Validation of the Multiple Relationships Maintenance Scale." *Archives of Sexual Behavior* 55, no. 2 (February 1, 2026): 517–45. <https://doi.org/10.1007/s10508-025-03334-9>.
- Muehlenhard, Charlene L., and Sheena K. Shippee. "Men's and Women's Reports of Pretending Orgasm." *Journal of Sex Research* 47, no. 6 (August 25, 2009): 552–67. <https://doi.org/10.1080/00224490903171794>.
- "New Survey: Most Women Are NOT Satisfied with Their Sex Lives." HealthyWomen, May 8, 2015. <https://www.healthywomen.org/content/article/new-survey-most-women-are-not-satisfied-their-sex-lives>.
- Pavan, Silvia, Camilla S. Øverup, and Gert Martin Hald. "Why Did You Stop? Reasons for Stopping Faking Orgasms and Its Association with Sexual, Relationship, and Life Satisfaction in Denmark, Finland, France, Norway, Sweden, and the UK." *Journal of Sex Research* 63, no. 4 (October 14, 2024): 557–69. <https://doi.org/10.1080/00224499.2024.2401019>.
- Peters, Blair, Amara Ndumele, and Maria I. Uloko. "Clinical Implications of the Historical, Medical, and Social Neglect of the Clitoris." *Journal of Sexual Medicine* 20, no. 4 (March 31, 2023): 418–21. <https://doi.org/10.1093/jsxmed/qdac044>.
- Shirazi, Talia, Kaytlin J. Renfro, Elisabeth Lloyd, and Kim Wallen. "Women's Experience of Orgasm During Intercourse: Question Semantics Affect Women's Reports and Men's Estimates of Orgasm Occurrence." *Archives of Sexual Behavior* 47, no. 3 (October 27, 2017): 605–13. <https://doi.org/10.1007/s10508-017-1102-6>.
- Shoikhedbrod, Ariel, Natalie O. Rosen, Serena Corsini-Munt, Cheryl Harasymchuk, Emily A. Impett, and Amy Muise. "Being Responsive and Self-Determined When It Comes to Sex: How and Why Sexual Motivation Is Associated with Satisfaction and Desire in Romantic Relationships." *Journal of Sex Research* 60, no. 8 (October 12, 2022): 1113–25. <https://doi.org/10.1080/00224499.2022.2130132>.
- Simms, Chris. "Full Network of Clitoral Nerves Mapped Out for First Time." *The Guardian*, April 1, 2026. <https://www.theguardian.com/society/2026/mar/29/full-network-clitoral-nerves-mapped-out-first-time-women-pelvic-surgery>.
- Snyder, Stephen, MD. *Love Worth Making: How to Have Ridiculously Great Sex in a Long-Lasting Relationship*. St. Martin's Press, 2018.
- "To Penetrate or to Envelop?" Deborah Cameron on How We Talk About Sex." *The Isis*, March 2024. <https://isismagazine.org.uk/2024/03/to-penetrate-or-to-envelop-deborah-cameron-on-how-we-talk-about-sex/>.
- Wade, Lisa D., Emily C. Kremer, and Jessica Brown. "The Incidental Orgasm: The Presence of Clitoral Knowledge and the Absence of Orgasm for Women." *Women and Health* 42, no. 1 (2005): 117–38. https://doi.org/10.1300/J013v42n01_07.
- Wetzel, Grace M., and Diana T. Sanchez. "What's Something You've Heard About Sex, but Are Unsure if It's True?: Assessing Middle and High School Students' Sex Education Questions." *Journal of Adolescent Health* 74, no. 2 (October 9, 2023): 327–39. <https://doi.org/10.1016/j.jadohealth.2023.08.028>.

Yadav, Garima, Susan McNamara, and Sasidhar Gunturu. "Trauma-Informed Therapy." StatPearls—NCBI Bookshelf, August 16, 2024. <https://www.ncbi.nlm.nih.gov/books/NBK604200/>.

Chapter 2: Communication: The Bedrock to Make Your Bed Rock

Anderson, Gillian. *Want: Sexual Fantasies by Anonymous*. New York: Bloomsbury Publishing, 2024.

Brady, Ashlyn, Emily A. Impett, and Gurit E. Birnbaum. "Gratitude Increases the Motivation to Fulfill a Partner's Sexual Needs." *Social Psychological and Personality Science* 12, no. 2 (2020): 273–81. <https://doi.org/10.1177/1948550619898971>.

Gottman, John Mordechai, and Nan Silver. *The Seven Principles for Making Marriage Work*. Harmony, 1999.

Jones, A. C., W. D. Robinson, and R. B. Seedall. "The Role of Sexual Communication in Couples' Sexual Outcomes: A Dyadic Path Analysis." Utah State University, *Digital Commons*, 2020. https://digitalcommons.usu.edu/fchd_facpub/930.

Lomore, Christine D., Angela D. Weaver, and Claire E. Lavoie. "The Use of Sexual Humor in Romantic Relationships: Description, Valence and Association with Sexual Satisfaction." *Canadian Journal of Human Sexuality* 33, no. 3 (December 1, 2024): 371–83. <https://doi.org/10.3138/cjhs-2024-0024>.

Mallory, Allen B. "Dimensions of Couples' Sexual Communication, Relationship Satisfaction, and Sexual Satisfaction: A Meta-analysis." *Journal of Family Psychology* 36, no. 3 (December 30, 2021): 358–71. <https://doi.org/10.1037/fam0000946>.

Pearson, Catherine. "The 'Orgasm Gap' Isn't Going Away for Straight Women." *New York Times*, August 6, 2024. <https://www.nytimes.com/2024/08/06/well/family/orgasm-gap-women-age.html>.

Rehman, Uzma S., Andrea H. Rellini, and Eva Fallis. "The Importance of Sexual Self-Disclosure to Sexual Satisfaction and Functioning in Committed Relationships." *Journal of Sexual Medicine* 8, no. 11 (2011): 3108–15. <https://doi.org/10.1016/j.jsxm.2011.09.007>.

Roels, Rick, and Erick Janssen. "Sexual and Relationship Satisfaction in Young, Heterosexual Couples: The Role of Sexual Frequency and Sexual Communication." *Journal of Sexual Medicine* 17, no. 9 (July 18, 2020): 1643–52. <https://doi.org/10.1016/j.jsxm.2020.06.013>.

Ryu, Jenna. "What Is Maintenance Sex and When Does It Become a Problem?" *USA Today*, August 20, 2021. <https://www.usatoday.com/story/life/health-wellness/2021/08/17/maintenance-sex-when-its-healthy-and-when-becomes-problematic/8099270002/>.

Wahl, David W. "Why Many Women Hide Their Sexual Desires." *Psychology Today*, July 16, 2021. <https://www.psychologytoday.com/us/blog/this-sexual-self/202107/why-many-women-hide-their-sexual-desires>.

Chapter 3: Between Your Ears—More Important Than Between Your Legs

ACOG Committee on Clinical Practice Guidelines—Gynecology. "Management of Postmenopausal Osteoporosis: ACOG Clinical Practice Guideline No. 2." *Obstetrics & Gynecology* 139, no. 4 (2022): 698–717. <https://doi.org/10.1097/AOG.0000000000004730>.

American College of Obstetricians and Gynecologists. 2018. "ACOG Committee Opinion No. 736: Optimizing Postpartum Care." *Obstetrics and Gynecology* 131, no. 5 (May): e140–e150. <https://doi.org/10.1097/AOG.0000000000002633>.

- American College of Obstetricians and Gynecologists. "Practice Bulletin No. 141: Management of Menopausal Symptoms." *Obstetrics & Gynecology* 123, no. 1 (2014): 202–216. <https://doi.org/10.1097/01.AOG.0000441353.20693.78>.
- Apostolidis, Apostolos, Ana Sofia Da Silva, Thomas Gray, Vik Khullar, Rayan Mohamed-Ahmed, Efsthios Papaefstathiou, Mauro Van Den Ende, Alan Wein, Paul Abrams, and Dudley Robinson. "Is There Evidence of Diagnostic and Treatment Gaps for LUTS in Post-Menopausal Women with Genitourinary Syndrome of the Menopause? ICI-RS 2025." *Neurourology and Urodynamics* 45, no. 5 (November 26, 2025): 1003–10. <https://doi.org/10.1002/nau.70173>.
- Balban, Melis Yilmaz, Eric Neri, Manuela M. Kogon, Lara Weed, Bitu Nouriani, Booil Jo, Gary Holl, Jamie M. Zeitzer, David Spiegel, and Andrew D. Huberman. "Brief Structured Respiration Practices Enhance Mood and Reduce Physiological Arousal." *Cell Reports Medicine* 4, no. 1 (January 1, 2023): 100895. <https://doi.org/10.1016/j.xcrm.2022.100895>.
- Bancroft, John, Cynthia A. Graham, Erick Janssen, and Stephanie A. Sanders. "The Dual Control Model: Current Status and Future Directions." *Journal of Sex Research* 46, no. 2–3 (2009): 121–142. <https://doi.org/10.1080/00224490902747222>.
- Bivona, Jenny, and Joseph Critelli. "The Nature of Women's Rape Fantasies: An Analysis of Prevalence, Frequency, and Contents." *Journal of Sex Research* 46, no. 1 (February 3, 2009): 33–45. <https://doi.org/10.1080/00224490802624406>.
- Bodenmann, Guy, Thomas Ledermann, Denise Blattner, and Claudia Galluzzo. "Associations among Everyday Stress, Critical Life Events, and Sexual Problems." *Journal of Nervous and Mental Disease* 194, no. 7 (July 1, 2006): 494–501. <https://doi.org/10.1097/01.nmd.0000228504.15569.b6>.
- Brown, Brené. "Shame vs. Guilt." Brené Brown, January 14, 2013. <https://brenebrown.com/articles/2013/01/15/shame-v-guilt/>.
- Brown, Lydia, Myra S Hunter, Rong Chen, Carolyn J Crandall, Jennifer L Gordon, Gita D Mishra, Viktoria Rother, Hadine Joffe, and Martha Hickey. "Promoting Good Mental Health Over the Menopause Transition." *The Lancet* 403, no. 10430 (March 1, 2024): 969–83. [https://doi.org/10.1016/s0140-6736\(23\)02801-5](https://doi.org/10.1016/s0140-6736(23)02801-5).
- Carlson, Karen, and Hao Nguyen. "Genitourinary Syndrome of Menopause." StatPearls–NCBI Bookshelf, October 5, 2024. <https://www.ncbi.nlm.nih.gov/books/NBK559297/>.
- Cattani, Laura, Liza De Maeyer, Jan Y Verbakel, Jan Bosteels, and Jan Deprest. "Predictors for Sexual Dysfunction in the First Year Postpartum: A Systematic Review and Meta-analysis." *BJOG an International Journal of Obstetrics & Gynaecology* 129, no. 7 (September 18, 2021): 1017–28. <https://doi.org/10.1111/1471-0528.16934>.
- Chadwick, Sara B., and Sari M. Van Anders. "Do Women's Orgasms Function as a Masculinity Achievement for Men?" *The Journal of Sex Research* 54, no. 9 (February 23, 2017): 1141–52. <https://doi.org/10.1080/00224499.2017.1283484>.
- Chappell, Catherine A., Lisa C. Rohan, Bernard J. Moncla, Lin Wang, Leslie A. Meyn, Katherine Bunge, and Sharon L. Hillier. "The Effects of Reproductive Hormones on the Physical Properties of Cervicovaginal Fluid." *American Journal of Obstetrics and Gynecology* 211, no. 3 (March 22, 2014): 226.e1–226.e7. <https://doi.org/10.1016/j.ajog.2014.03.041>.
- Cleveland Clinic Medical Professional. "Menstrual Cycle." Cleveland Clinic, December 8, 2025. <https://my.clevelandclinic.org/health/articles/10132-menstrual-cycle>.
- Costa, Chiara, Giusi Briguglio, Stefania Mondello, Michele Teodoro, Manuela Pollicino, Andrea Canalella, Francesca Verduci, Sebastiano Italia, and Concettina Fenga. "Perceived Stress in a

- Gender Perspective: A Survey in a Population of Unemployed Subjects of Southern Italy." *Frontiers in Public Health* 9 (April 1, 2021): 640454. <https://doi.org/10.3389/fpubh.2021.640454>.
- Crandall, Carolyn J., Jaya M. Mehta, and JoAnn E. Manson. "Management of Menopausal Symptoms." *JAMA* 329, no. 5 (February 7, 2023): 405. <https://doi.org/10.1001/jama.2022.24140>.
- Davis, Susan R., Rodney Baber, Nicholas Panay, Johannes Bitzer, Sonia Cerdas Perez, Rakibul M. Islam, Andrew M. Kaunitz, et al. "Global Consensus Position Statement on the Use of Testosterone Therapy for Women." *Climacteric* 22, no. 5 (September 2, 2019): 429–34. <https://doi.org/10.1016/j.jsxm.2019.07.012>.
- Davis, Susan R. "Sexual Dysfunction in Women." *New England Journal of Medicine* 391, no. 8 (August 21, 2024): 736–45. <https://doi.org/10.1056/nejmcp2313307>.
- "Declaration on Sexual Pleasure." World Association for Sexual Health. n.d. <https://www.worldsexualhealth.net/was-declaration-on-sexual-pleasure>.
- Dennerstein, Lorraine, Jeanne L. Alexander, and Krista Kotz. "The Menopause and Sexual Functioning: A Review of the Population-Based Studies." *Annual Review of Sex Research* 14, no. 1 (2003): 64–82. <https://doi.org/10.1080/10532528.2003.10559811>.
- Dennerstein, Lorraine, John Randolph, John Taffe, Emma Dudley, and Henry Burger. "Hormones, Mood, Sexuality, and the Menopausal Transition." *Fertility and Sterility* 77, suppl. 4 (2002): S42–48. [https://doi.org/10.1016/S0015-0282\(02\)03001-7](https://doi.org/10.1016/S0015-0282(02)03001-7).
- Eastell, Richard, Clifford J Rosen, Dennis M Black, Angela M Cheung, M Hassan Murad, and Dolores Shoback. "Pharmacological Management of Osteoporosis in Postmenopausal Women: An Endocrine Society Clinical Practice Guideline." *The Journal of Clinical Endocrinology & Metabolism* 104, no. 5 (March 25, 2019): 1595–1622. <https://doi.org/10.1210/je.2019-00221>.
- Elliott, Sinikka, and Debra Umberson. "The Performance of Desire: Gender and Sexual Negotiation in Long-Term Marriages." *Journal of Marriage and Family* 70, no. 2 (April 7, 2008): 391–406. <https://doi.org/10.1111/j.1741-3737.2008.00489.x>.
- English, Clayton, Anne Muhleisen, and Jose A Rey. "Flibanserin (Addyi): The First FDA-Approved Treatment for Female Sexual Interest/Arousal Disorder in Premenopausal Women," April 1, 2017. <https://pmc.ncbi.nlm.nih.gov/articles/PMC5358680/>.
- Faucher, Stéphanie, Gabrielle Déry-Rouleau, Marcela Bardin, and Mélanie Morin. "Investigating the Role of the Pelvic Floor Muscles in Sexual Function and Sexual Response: A Systematic Review and Meta-analysis." *The Journal of Sexual Medicine* 21, no. 3 (February 1, 2024): 217–39. <https://doi.org/10.1093/jsxmed/qdad175>.
- Furlan, Vada A, Muhammed a M Hammad, Sophia Quesada, Sabrina Nguyen, and Jessica Yih. "Testosterone Therapy for Female Sexual Dysfunction: A Systematic Review of the Literature Demonstrating Outcomes in Premenopausal and Postmenopausal Women." *The Journal of Sexual Medicine* 23, no. 8 (July 3, 2026). <https://doi.org/10.1093/jsxmed/qdag206>.
- Goldstein, Irwin. "Efficacy and Safety of Testosterone Therapy in Women." San Diego Sexual Medicine. Video, VuMedi, n.d. <https://www.vumedi.com/video/efficacy-and-safety-of-testosterone-therapy-in-women/>.
- Gordon, Jennifer L., David R. Rubinow, Tory A. Eisenlohr-Moul, Kai Xia, Peter J. Schmidt, and Susan S. Girdler. "Efficacy of Transdermal Estradiol and Micronized Progesterone in the Prevention of Depressive Symptoms in the Menopause Transition: A Randomized Clinical Trial." *JAMA Psychiatry* 75, no. 2 (2018): 149–157. <https://doi.org/10.1001/jamapsychiatry.2017.3998>.
- Graham, Cynthia A., Stephanie A. Sanders, Robin R. Milhausen, and Kimberly R. McBride. "Turning On and Turning Off: A Focus Group Study of the Factors That Affect Women's Sexual Arousal." *Archives of Sexual Behavior* 33, no. 6 (December 2004): 527–38.

- Grubbs, Joshua B., Samuel L. Perry, Joshua A. Wilt, and Rory C. Reid. "Pornography Problems Due to Moral Incongruence: An Integrative Model with a Systematic Review and Meta-Analysis." *Archives of Sexual Behavior* 48, no. 2 (August 3, 2018): 397–415. <https://doi.org/10.1007/s10508-018-1248-x>.
- Handler, Rachel. "We Asked a Gyno About WAP." *Vulture*, August 11, 2020. <https://www.vulture.com/2020/08/we-asked-a-gyno-about-wap.html>.
- Harris, Emily A., Aki M. Gormezano, and Sari M. Van Anders. "Gender Inequities in Household Labor Predict Lower Sexual Desire in Women Partnered With Men." *Archives of Sexual Behavior* 51, no. 8 (September 16, 2022): 3847–70. <https://doi.org/10.1007/s10508-022-02397-2>.
- Hay-Smith, E Jean C, Małgorzata Starzec-Proserpio, Brittany Moller, Daniela Aldabe, Licia Cacciari, Ana Carolina R Pitangui, Giovana Vesentini, et al. "Comparisons of Approaches to Pelvic Floor Muscle Training for Urinary Incontinence in Women." *Cochrane Database of Systematic Reviews* 2024, no. 12 (December 20, 2024): CD009508. <https://doi.org/10.1002/14651858.cd009508.pub2>.
- Herbenick, Debby, Callie Patterson Perry, Bethany Lumsdaine, Tsung-Chieh Fu, Mary Balle, Owen Miller, Ruhun Wasata, and J. Dennis Fortenberry. "What Are Americans' Favorite Aspects of Partnered Sex? Findings from a U.S. Nationally Representative Survey." *Journal of Sex and Marital Therapy* 51, no. 1 (November 26, 2024): 42–57. <https://doi.org/10.1080/0092623x.2024.2432261>.
- Hickey, Martha, Andrea Z LaCroix, Jennifer Doust, Gita D Mishra, Muthusamy Sivakami, Deborah Garlick, and Myra S Hunter. "An Empowerment Model for Managing Menopause." *The Lancet* 403, no. 10430 (March 1, 2024): 947–57. [https://doi.org/10.1016/s0140-6736\(23\)02799-x](https://doi.org/10.1016/s0140-6736(23)02799-x).
- Hoyt, Michael F. "Primal-Scene Experiences: Quantitative Assessment of an Interview Study." *Archives of Sexual Behavior* 8, no. 3 (May 1, 1979): 225–45. <https://doi.org/10.1007/bf01541240>.
- Huang, Alison J., Stephanie Faubion, and Deborah Grady. "Nonhormonal Treatment of Menopausal Vasomotor Symptoms." *JAMA Internal Medicine* 185, no. 7 (May 5, 2025): 874. <https://doi.org/10.1001/jamainternmed.2025.0990>.
- İncebiyik, Mehmet, İsmail Palalı, Yasemin Er, Ömer Tammı, Yusuf Ziya Kızıldemir, İbrahim Halil Adak, and Rahime Kada Düken. "The Effect of a Pelvic Floor Training Program on Perineal Trauma During Birth: A Patient-preference Controlled Clinical Trial." *Scientific Reports* 16, no. 1 (April 6, 2026). <https://doi.org/10.1038/s41598-026-47603-6>.
- Institute for Quality and Efficiency in Health Care (IQWiG). "In Brief: Cognitive Behavioral Therapy (CBT)." InformedHealth.org - NCBI Bookshelf, August 21, 2025. <https://www.ncbi.nlm.nih.gov/books/NBK279297/>.
- Jorge, Cristine Homsı, Kari Bø, Camila Chiazuto Catai, Luiz Gustavo Oliveira Brito, Patricia Driusso, and Merete Kolberg Tennfjord. "Pelvic Floor Muscle Training as Treatment for Female Sexual Dysfunction: A Systematic Review and Meta-analysis." *American Journal of Obstetrics and Gynecology* 231, no. 1 (January 6, 2024): 51-66.e1. <https://doi.org/10.1016/j.ajog.2024.01.001>.
- Kalantaridou, S. N., A. Makriganakakis, E. Zoumakis, and G. P. Chrousos. "Stress and the Female Reproductive System." *Journal of Reproductive Immunology* 62, no. 1–2 (May 29, 2004): 61–68. <https://doi.org/10.1016/j.jri.2003.09.004>.
- Langhe, Ream, Teresita Kelly, Razan Ibrahim, Ranyia Al-Janabi, Ghada Mohammed, and Noha Mousa. "The Role of Hormone Replacement Therapy in the Management of Perimenopausal Mental Health Symptoms: A Narrative Review." *International Journal of Gynecology & Obstetrics* 173, no. 2 (December 9, 2025): 698–709. <https://doi.org/10.1002/ijgo.70728>.
- Lara, Lucia A, Denisse Cartagena-Ramos, Jaqueline Bp Figueiredo, Ana Carolina Js Rosa-E-Silva, Rui A Ferriani, Wellington P Martins, and Miguel Fuentealba-Torres. "Hormone Therapy for

- Sexual Function in Perimenopausal and Postmenopausal Women.” *Cochrane Database of Systematic Reviews* 2023, no. 8 (August 24, 2023): CD009672. <https://doi.org/10.1002/14651858.cd009672.pub3>.
- Lehmiller, Justin J. *Tell Me What You Want: The Science of Sexual Desire and How It Can Help You Improve Your Sex Life*. Da Capo Lifelong Books, 2018.
- Lehmiller, Justin J., and Aki M. Gormezano. "Sexual Fantasy Research: A Contemporary Review." *Current Opinion in Psychology* 49 (October 25, 2022): 101496. <https://doi.org/10.1016/j.copsyc.2022.101496>.
- Leon-Larios, Fatima, Isabel Corrales-Gutierrez, Rosa Casado-Mejia, and Carmen Suarez-Serrano. "Influence of a Pelvic Floor Training Programme to Prevent Perineal Trauma: A Quasi-randomised Controlled Trial." *Midwifery* 50 (March 27, 2017): 72–77. <https://doi.org/10.1016/j.midw.2017.03.015>.
- Ley, David J. "An Epidemic of Sexual Shame Is Crippling People Taught to Be 'Pure.'" *Psychology Today*, August 23, 2017. <https://www.psychologytoday.com/us/blog/women-who-stray/201708/overcoming-religious-sexual-shame>.
- Li, Yixuan, Yilin Sun, Yu Bi, Lu Yang, Yujie Xu, Han Wu, and Xian Ma. "Efficacy and Safety of Menopausal Hormone Therapy for Depressive Symptoms in Perimenopausal Women: A Systematic Review and Meta-analysis." *Journal of Affective Disorders* 409 (April 29, 2026): 121892. <https://doi.org/10.1016/j.jad.2026.121892>.
- Lukacz, Emily S., Yahir Santiago-Lastra, Michael E. Albo, and Linda Brubaker. "Urinary Incontinence in Women." *JAMA* 318, no. 16 (October 24, 2017): 1592. <https://doi.org/10.1001/jama.2017.12137>.
- Marcinkowska, Urszula M., et al. "Hormonal Underpinnings of the Variation in Sexual Desire, Arousal and Activity throughout the Menstrual Cycle—A Multifaceted Approach." *Journal of Sex Research* 60, no. 9 (August 2022): 1297–1303. <https://doi.org/10.1080/00224499.2022.2110558>.
- Mark, Kristen P. "Sexual Desire Discrepancy." *Current Sexual Health Reports* 7, no. 3 (June 24, 2015): 198–202. <https://doi.org/10.1007/s11930-015-0057-7>.
- Martin, Anna. "Want to Have Better Sex This Year? Here's How." *The New York Times*, n.d. <https://www.nytimes.com/2026/01/07/podcasts/modern-love-better-sex-tips.html>.
- Medaris, Anna. "Women Say They're Stressed, Misunderstood, and Alone." *American Psychological Association*, November 1, 2023. <https://www.apa.org/topics/stress/women-stress>.
- Meston, Cindy M., and David M. Buss. "Why Humans Have Sex." *Archives of Sexual Behavior* 36, no. 4 (July 2, 2007): 477–507. <https://doi.org/10.1007/s10508-007-9175-2>.
- Muise, Amy, Cheryl Harasymchuk, Lisa C. Day, Chantal Bacev-Giles, Judith Gere, and Emily A. Impett. "Broadening Your Horizons: Self-expanding Activities Promote Desire and Satisfaction in Established Romantic Relationships." *Journal of Personality and Social Psychology* 116, no. 2 (September 27, 2018): 237–58. <https://doi.org/10.1037/pspi0000148>.
- Muise, Amy, Ulrich Schimmack, and Emily A. Impett. "Sexual Frequency Predicts Greater Well-Being, but More Is Not Always Better." *Social Psychological and Personality Science* 7, no. 4 (November 18, 2015): 295–302. <https://doi.org/10.1177/1948550615616462>.
- Nagoski, Emily. *Come as You Are: Revised and Updated: The Surprising New Science That Will Transform Your Sex Life*. New York: Simon & Schuster, 2023.
- Nothnagle, Melissa, and Julie Scott Taylor. "Vaginal Estrogen Preparations for Relief of Atrophic Vaginitis." *AFP*, May 1, 2004. <https://www.aafp.org/afp/2004/0501/p2111>.

- Okami, Paul, Richard Olmstead, Paul R. Abramson, and Laura Pendleton. "Early Childhood Exposure to Parental Nudity and Scenes of Parental Sexuality ('Primal Scenes'): An 18-Year Longitudinal Study of Outcome." *Archives of Sexual Behavior* 27, no. 4 (August 1, 1998): 361–84. <https://doi.org/10.1023/a:1018736109563>.
- Pasqualotto, Luísa, Cássio Riccetto, Ana Flávia Biella, Joseane Marques, Larissa Carvalho Pereira, Fabíola Kênia Alves, Anna Lygia Barbosa Lunardi, et al. "Impact of Pelvic Floor Muscle Strength on Female Sexual Function: Retrospective Multicentric Cross-sectional Study." *International Urogynecology Journal* 33, no. 6 (January 23, 2022): 1591–99. <https://doi.org/10.1007/s00192-021-05032-1>.
- Perelmuter, Sara, Cameron Stokes, Meghana Chapalamadugu, Alexandra Drian, Gabriela Lachter Zusman, Jayden Berdugo, Melissa Davide, et al. "Postpartum and Lactation-Related Genitourinary Symptoms." *Obstetrics and Gynecology* 146, no. 1 (May 15, 2025): 59–72. <https://doi.org/10.1097/aog.0000000000005940>.
- Pinkerton, JoAnn V. "Hormone Therapy for Postmenopausal Women." *New England Journal of Medicine* 382, no. 5 (January 29, 2020): 446–55. <https://doi.org/10.1056/nejmcp1714787>.
- Prekatsounaki, Sofia, Tom Loeys, and Paul Enzlin. "Understanding the Ebbs and Flows of Sexual Desire: A Daily Diary Study on the Temporal Associations between Dyadic Sexual Desire and Partner Interactions." *Journal of Sex Research* 62, no. 5 (September 10, 2024): 843–53. <https://doi.org/10.1080/00224499.2024.2393378>.
- Riedl, Elisabeth M., Teresa Bracklo, Kathrin Wimmer, Johanna Perzl, Hans-Juergen Gdynia, Joachim Thomas, and Janusz Surzykiewicz. "Simply Breathing Anxiety Away? A Pilot, Just-in-Time Ecological Momentary Intervention Study of One-Minute Cyclic Sighing versus Box Breathing as Tools for Acute Anxiety Reduction and Attention Promotion in Real Life." *Anxiety, Stress, and Coping*, April 19, 2026, 1–15. <https://doi.org/10.1080/10615806.2026.2659809>.
- Roels, Rick, and Erick Janssen. "Sexual and Relationship Satisfaction in Young, Heterosexual Couples: The Role of Sexual Frequency and Sexual Communication." *Journal of Sexual Medicine* 17, no. 9 (July 18, 2020): 1643–52. <https://doi.org/10.1016/j.jsxm.2020.06.013>.
- Rosenfeld, A. A., C. R. Smith, A. O. Wenegrat, W. Brewster, and D. K. Haavik. "The Primal Scene: A Study of Prevalence." *American Journal of Psychiatry* 137, no. 11 (November 1, 1980): 1426–28. <https://doi.org/10.1176/ajp.137.11.1426>.
- Santoro, Nanette. "Perimenopause: From Research to Practice." *Journal of Women's Health* 25, no. 4 (December 10, 2015): 332–39. <https://doi.org/10.1089/jwh.2015.5556>.
- Schliep, Karen C., Sunni L. Mumford, Catherine J. Vladutiu, Katherine A. Ahrens, Neil J. Perkins, Lindsey A. Sjaarda, Kerri A. Kissell, Ankita Prasad, Jean Wactawski-Wende, and Enrique F. Schisterman. "Perceived Stress, Reproductive Hormones, and Ovulatory Function." *Epidemiology* 26, no. 2 (January 30, 2015): 177–84. <https://doi.org/10.1097/ede.0000000000000238>.
- Shen, Shannon, and Hui Liu. "Sexual Obligation and Perceived Stress: A National Longitudinal Study of Older Adults." *Clinical Gerontologist* 44, no. 3 (January 21, 2021): 259–72. <https://doi.org/10.1080/07317115.2020.1869131>.
- Simon, James A., Anita H. Clayton, Noel N. Kim, and Sejal Patel. "Clinically Meaningful Benefit in Women With Hypoactive Sexual Desire Disorder Treated With Flibanserin." *Sexual Medicine* 10, no. 1 (January 6, 2022): 100476. <https://doi.org/10.1016/j.esxm.2021.100476>.
- Simon, James A., Irwin Goldstein, Noel N. Kim, Susan R. Davis, Susan Kellogg-Spadt, Lior Lowenstein, JoAnn V. Pinkerton, et al. "The Role of Androgens in the Treatment of Genitourinary Syndrome of Menopause (GSM): International Society for the Study of Women's

- Sexual Health (ISSWSH) Expert Consensus Panel Review." *Menopause* 25, no. 7 (June 5, 2018): 837–47. <https://doi.org/10.1097/gme.0000000000001138>.
- Spielmans, Glen I. "Pooled Analysis Confirms Flibanserine's Unimpressive Efficacy, Raises Measurement Questions: A Commentary on Simon Et Al." *Sexual Medicine* 10, no. 6 (November 1, 2022): 100579. <https://doi.org/10.1016/j.esxm.2022.100579>.
- Tekbaş, Serap. "The Effect of Pelvic Floor Muscle Exercise on Sexual Function in Women of Reproductive Age: A Randomized Controlled Trial." *Medicine* 104, no. 37 (September 12, 2025): e44324. <https://doi.org/10.1097/md.00000000000044324>.
- Toufexis, D., M. A. Rivarola, H. Lara, and V. Viau. "Stress and the Reproductive Axis." *Journal of Neuroendocrinology* 26, no. 9 (July 17, 2014): 573–86. <https://doi.org/10.1111/jne.12179>.
- US Preventive Services Task Force et al., "Hormone Therapy for the Primary Prevention of Chronic Conditions in Postmenopausal Persons: US Preventive Services Task Force Recommendation Statement," *JAMA* 328, no. 17 (2022): 1740–1746, <https://doi.org/10.1001/jama.2022.18625>
- Velten, Julia, et al. "Investigating Female Sexual Concordance: Do Sexual Excitation and Sexual Inhibition Moderate the Agreement of Genital and Subjective Sexual Arousal in Women?" *Archives of Sexual Behavior* 45 (2016): 1957–71. <https://doi.org/10.1007/s10508-016-0774-7>.
- Ward, Kristy K., Sarah Mitchem, and Seema Harichand-Herd. "Menopause Management in Patients With Cancer." *Obstetrics and Gynecology*, August 6, 2026. <https://doi.org/10.1097/aog.0000000000006393>.
- Wéry, Aline, Kim Vogelaere, Gaëlle Challet-Bouju, François-Xavier Poudat, Julie Caillon, Delphine Lever, Joël Billieux, and Marie Grall-Bronnec. "Characteristics of Self-identified Sexual Addicts in a Behavioral Addiction Outpatient Clinic." *Journal of Behavioral Addictions* 5, no. 4 (October 20, 2016): 623–30. <https://doi.org/10.1556/2006.5.2016.071>.
- Wu, Jennifer M. "Stress Incontinence in Women." *New England Journal of Medicine* 384, no. 25 (June 23, 2021): 2428–36. <https://doi.org/10.1056/nejmcp1914037>.
- Xu, Linli, Tiantian Li, Jing Jin, Li Zhang, and Zhuodi Luo. "Comparative Effectiveness of Physical Interventions for Preventing Perineal Trauma During Vaginal Delivery: A Systematic Review and Bayesian Network Meta-analysis." *Frontiers in Medicine* 13 (April 7, 2026): 1794056. <https://doi.org/10.3389/fmed.2026.1794056>.
- Zhang, Dingfeng, Kari Bo, Rocío Montejo, Miguel Sánchez-Polán, Cristina Silva-José, Montse Palacio, and Rubén Barakat. "Influence of Pelvic Floor Muscle Training Alone or as Part of a General Physical Activity Program During Pregnancy on Urinary Incontinence, Episiotomy and Third- or Fourth-degree Perineal Tear: Systematic Review and Meta-analysis of Randomized Clinical Trials." *Acta Obstetrica Et Gynecologica Scandinavica* 103, no. 6 (December 23, 2023): 1015–27. <https://doi.org/10.1111/aogs.14744>.

Chapter 4: Sexual Absorption Through Mindfulness

- Adam, Françoise, Marie Géonet, James Day, and Pascal de Sutter. "Mindfulness Skills Are Associated with Female Orgasm?" *Sexual and Relationship Therapy* (2014). <https://doi.org/10.1080/14681994.2014.986085>.
- Anicha, Cali L., Scott Ode, Sara K. Moeller, and Michael D. Robinson. "Toward a Cognitive View of Trait Mindfulness: Distinct Cognitive Skills Predict Its Observing and Nonreactivity Facets." *Journal of Personality* 80, no. 2 (February 7, 2011): 255–85. <https://doi.org/10.1111/j.1467-6494.2011.00722.x>.

- Antonova, Elena, Paul Chadwick, and Veena Kumari. "More Meditation, Less Habituation? The Effect of Mindfulness Practice on the Acoustic Startle Reflex." *PLOS ONE* 10, no. 5 (May 6, 2015): e0123512. <https://doi.org/10.1371/journal.pone.0123512>.
- Brotto, Lori A. *Better Sex through Mindfulness: How Women Can Harness the Power of the Present to Cultivate Desire*. Vancouver: Greystone Books, 2018.
- Brotto, Lori A., and Rosemary Basson. "Group Mindfulness-Based Therapy Significantly Improves Sexual Desire in Women." *Behaviour Research and Therapy* 57 (April 18, 2014): 43–54. <https://doi.org/10.1016/j.brat.2014.04.001>.
- Brotto, Lori A., Bozena Zdaniuk, Meredith L. Chivers, Faith Jabs, Andrea Grabovac, Martin L. Lalumière, Joanne Weinberg, Kimberly A. Schonert-Reichl, and Rosemary Basson. "A Randomized Trial Comparing Group Mindfulness-Based Cognitive Therapy with Group Supportive Sex Education and Therapy for the Treatment of Female Sexual Interest/Arousal Disorder." *Journal of Consulting and Clinical Psychology* 89, no. 7 (July 1, 2021): 626–39. <https://doi.org/10.1037/ccp0000661>.
- Burgstahler, Matthew S., and Mary C. Stenson. "Effects of Guided Mindfulness Meditation on Anxiety and Stress in a Pre-Healthcare College Student Population: A Pilot Study." *Journal of American College Health* 68, no. 6 (April 2, 2019): 666–72. <https://doi.org/10.1080/07448481.2019.1590371>.
- Butzer, Bethany, Khaliq Ahmed, and Sat Bir S. Khalsa. "Yoga Enhances Positive Psychological States in Young Adult Musicians." *Applied Psychophysiology and Biofeedback* 41, no. 2 (December 31, 2015): 191–202. <https://doi.org/10.1007/s10484-015-9321-x>.
- Costa, Rui M., José Pestana, David Costa, and Marc Wittmann. "Altered States of Consciousness Are Related to Higher Sexual Responsiveness." *Consciousness and Cognition* 42 (March 19, 2016): 135–41. <https://doi.org/10.1016/j.concog.2016.03.013>.
- Dickenson, Janna A., Jenna Alley, and Lisa M. Diamond. "Corrigendum: Subjective and Oxytocinergic Responses to Mindfulness Are Associated with Subjective and Oxytocinergic Responses to Sexual Arousal." *Frontiers in Psychology* 10 (October 18, 2019): 1737. <https://doi.org/10.3389/fpsyg.2019.01737>.
- Dawson, Samantha, Greta Jang, and Simone Goldberg. "A Brief Psychoeducational Sexual Mindfulness Intervention to Bolster Sexual Well-Being." *Mindfulness* 13 (2022): 1–18. <https://doi.org/10.1007/s12671-022-01999-0>.
- Fili, R., M. Shaban-Malekshah, H. A. Nikbakht, F. Behmanesh, and Y. Niksima. "Evaluating the Interrelationship of Mindfulness, Sexual Relational Concern, and Health-Related Behaviors on Women's Life Satisfaction through Path Analysis." *BMC Women's Health* 25, no. 1 (2025): 359. <https://doi.org/10.1186/s12905-025-03903-z>.
- Hohnemann, Charlotte, Florian Engel, Corinna Peifer, and Stefan Diestel. "Trajectories of Mindfulness, Flow Experience, and Stress during an Online-Based MBSR Program: The Moderating Role of Emotional Exhaustion." *Frontiers in Psychology* 15 (July 15, 2024). <https://doi.org/10.3389/fpsyg.2024.1385372>.
- Jaderek, Izabela, and Michal Lew-Starowicz. "A Systematic Review on Mindfulness Meditation–Based Interventions for Sexual Dysfunctions." *Journal of Sexual Medicine* 16, no. 10 (September 28, 2019): 1581–96. <https://doi.org/10.1016/j.jsxm.2019.07.019>.
- Jamea, Emily N., Leah A. McCaskill, and Rachel B. Needle. "Sexual Satisfaction: Exploring the Role of Flow." *Journal of Sex and Marital Therapy* 47, no. 5 (March 23, 2021): 481–91. <https://doi.org/10.1080/0092623x.2021.1898503>.

- Jung, Ye-Ha, Do-Hyung Kang, Joon Hwan Jang, Hye Yoon Park, Min Soo Byun, Soo Jin Kwon, Go-Eun Jang, Ul Soon Lee, Seung Chan An, and Jun Soo Kwon. "The Effects of Mind-body Training on Stress Reduction, Positive Affect, and Plasma Catecholamines." *Neuroscience Letters* 479, no. 2 (May 31, 2010): 138–42. <https://doi.org/10.1016/j.neulet.2010.05.048>.
- Kotler, Steven, Michael Mannino, Scott Kelso, and Richard Huskey. "Corrigendum to 'First Few Seconds for Flow: A Comprehensive Proposal of the Neurobiology and Neurodynamics of State Onset' [Neurosci. Biobehav. Rev. 143 (2022)]." *Neuroscience and Biobehavioral Reviews* 147 (February 13, 2023): 105086. <https://doi.org/10.1016/j.neubiorev.2023.105086>.
- Kleinplatz, Peggy J., Marie Charest, Samantha Lawless, Michael Neufeld, Ruth Neufeld, Dana Pratt, et al. "From Sexual Desire Discrepancies to Desirable Sex: Creating the Optimal Connection." *Journal of Sex and Marital Therapy* (2018): 1–12. <https://doi.org/10.1080/0092623x.2017.1405309>.
- Leavitt, Chelom E. "Sexual Mindfulness Measure (SMM)." In *Handbook of Assessment in Mindfulness Research*, edited by O. N. Medvedev, C. U. Krägeloh, R. J. Siegert, and N. N. Singh. Cham: Springer, 2024. https://doi.org/10.1007/978-3-030-77644-2_97-1.
- Leavitt, Chelom E., Eva S. Lefkowitz, and Erin A. Waterman. "The Role of Sexual Mindfulness in Sexual, Relational, and Individual Wellbeing." *Journal of Sex and Marital Therapy* 45 (2019): 497–509. <https://doi.org/10.1080/0092623X.2019.1572680>.
- Leavitt, Chelom E., Tawnie F. Maurer, Tiffany L. Clyde, Rebecca W. Clarke, Dean M. Busby, Jeremy B. Yorgason, Erin K. Holmes, and Spencer James. "Linking Sexual Mindfulness to Mixed-Sex Couples' Relational Flourishing, Sexual Harmony, and Orgasm." *Archives of Sexual Behavior* 50, no. 6 (August 1, 2021): 2589–2602. <https://doi.org/10.1007/s10508-021-02054-0>.
- Longaretti, Yvain, Guy Cheron, and David Zarka. "Unlocking Flow through Mindfulness: A Systematic Review and Meta-Analysis of Randomized Controlled Trials." *Journal of Psychology* 160, no. 4 (October 30, 2025): 455–83. <https://doi.org/10.1080/00223980.2025.2575309>.
- Palmer, Robert, Corey Roos, Nilofar Vafaie, and Hedy Kober. "The Effect of Ten versus Twenty Minutes of Mindfulness Meditation on State Mindfulness and Affect." *Scientific Reports* 13, no. 1 (November 24, 2023): 20646. <https://doi.org/10.1038/s41598-023-46578-y>.
- Pascoe, Michaela C., David R. Thompson, Zoe M. Jenkins, and Chantal F. Ski. "Mindfulness Mediates the Physiological Markers of Stress: Systematic Review and Meta-analysis." *Journal of Psychiatric Research* 95 (August 23, 2017): 156–78. <https://doi.org/10.1016/j.jpsychires.2017.08.004>.
- Peixoto, Maria Manuela. "Mindfulness, Self-Compassion, and Acceptance as Predictors of Sexual Satisfaction in Cisgender Heterosexual Men and Women." *Healthcare* 11, no. 13 (June 24, 2023): 1839. <https://doi.org/10.3390/healthcare11131839>.
- Pekala, Ronald J., Cathrine F. Wenger, and Ralph L. Levine. "Individual Differences in Phenomenological Experience: States of Consciousness as a Function of Absorption." *Journal of Personality and Social Psychology* 48, no. 1 (January 1, 1985): 125–32. <https://doi.org/10.1037/0022-3514.48.1.125>.
- Philip, Sanjana T., Jayaram Thimmapuram, Kapil Thakur, Navami Dayal, Yogesh Patil, Kishore Sabbu, Samruddhi Surve, Poonam Patil, and Mansee Thakur. "Heartfulness Meditation Alters Neuroendocrine Profiles: A Randomized Controlled Trial on Hormones of Stress and Well-being." *Medicine* 104, no. 47 (November 21, 2025): e45559. <https://doi.org/10.1097/md.00000000000045559>.

- Selice, Lauren, and Katherine L. Morris. "Mindfulness and Sexual Dysfunction: A Systematic Research Synthesis." *Journal of Sex and Marital Therapy* 48, no. 4 (October 25, 2021): 323–42. <https://doi.org/10.1080/0092623x.2021.1991536>.
- Silverstein, R. Gina, Anne-Catharine H. Brown, Harold D. Roth, and Willoughby B. Britton. "Effects of Mindfulness Training on Body Awareness to Sexual Stimuli: Implications for Female Sexual Dysfunction." *Psychosomatic Medicine* 73, no. 9 (2011): 817–25. <https://doi.org/10.1097/PSY.0b013e318234e628>.
- Swartz, Louis H. "Absorbed States Play Different Roles in Female and Male Sexual Response: Hypotheses for Testing." *Journal of Sex and Marital Therapy* 20, no. 3 (September 1, 1994): 244–53. <https://doi.org/10.1080/00926239408403434>.
- Tatschl, Josef Martin, and Andreas Richard Schwerdtfeger. "Squeeze the Beat: Enhancing Cardiac Vagal Activity during Resonance Breathing via Coherent Pelvic Floor Recruitment." *Psychophysiology* 59, no. 12 (June 20, 2022): e14129. <https://doi.org/10.1111/psyp.14129>.
- Tyagi, Anupama, Marc Cohen, John Reece, Shirely Telles, and Linda Jones. "Heart Rate Variability, Flow, Mood and Mental Stress during Yoga Practices in Yoga Practitioners, Non-Yoga Practitioners and People with Metabolic Syndrome." *Applied Psychophysiology and Biofeedback* 41, no. 4 (July 25, 2016): 381–93. <https://doi.org/10.1007/s10484-016-9340-2>.
- Vilarinho, Sandra. "Management of Sexual Problems." *Current Opinion in Psychiatry* 30, no. 6 (August 18, 2017): 402–8. <https://doi.org/10.1097/ycp.0000000000000363>.
- Walker, Alicia M., and Audrey Lutmer. "Sexual Skills, Sexual Responsiveness, and Sexual Mindfulness: Components of Great Sexual Experiences." *Sexuality & Culture* 28 (2024): 2207–2226. <https://doi.org/10.1007/s12119-024-10226-y>.
- Woodyard, Catherine. "Exploring the Therapeutic Effects of Yoga and Its Ability to Increase Quality of Life." *International Journal of Yoga* 4, no. 2 (2011): 49–54. <https://doi.org/10.4103/0973-6131.85485>.
- Yu, Xinjun, Masaki Fumoto, Yasushi Nakatani, Tamami Sekiyama, Hiromi Kikuchi, Yoshinari Seki, Ikuko Sato-Suzuki, and Hideho Arita. "Activation of the Anterior Prefrontal Cortex and Serotonergic System Is Associated with Improvements in Mood and EEG Changes Induced by Zen Meditation Practice in Novices." *International Journal of Psychophysiology* 80, no. 2 (May 2011): 103–111. <https://doi.org/10.1016/j.ijpsycho.2011.02.004>.

Chapter 5: Viva La Vulva: Reveling in Your Anatomy

- Alice! Health Promotion. "What's the Difference between a Vaginal and Clitoral Orgasm?" *Go Ask Alice!*, Columbia University. Last edited April 5, 2024. <https://goaskalice.columbia.edu/answered-questions/whats-difference-between-vaginal-and-clitoral-orgasm>.
- Baxter, Rachel. "What Are Clitoral Adhesions?" ISSM, April 1, 2024. <https://www.issm.info/sexual-health-qa/what-are-clitoral-adhesions>.
- Dodson, Betty, and Carlin Ross. "Mapping the Nerves of the Clitoris." Dodson and Ross (newsletter), n.d. <https://mailchi.mp/dodsonandross/new-clit-research>.
- Eisenman, Russell. "Scientific Insights Regarding the Orgasm." *Europe's Journal of Psychology* 4, no. 2 (May 29, 2008). <https://doi.org/10.5964/ejop.v4i2.430>.
- Fahmy, Michael W., Tanisha Sanganeria, and Sunil Munakomi. "Anatomy, Abdomen and Pelvis: Superficial Perineal Space." StatPearls–NCBI Bookshelf, September 19, 2022. <https://www.ncbi.nlm.nih.gov/books/NBK542289/>.

- Feldman, R., and D. Frederick. "The Orgasm Golden Quartet: Which Behaviors Best Predict Orgasm during Last Sexual Event across Sexual Orientations?" *Journal of Sexual Medicine* 23, suppl. 3 (March 2026). <https://doi.org/10.1093/jsxmed/qdag063.134>.
- Gana, Tabitha, Nilofer Husnoo, Vidiya Dev, Lesley Hunt, Mark Limmer, and Ceu Mateus. "Perceptions and Experiences of Receptive Anal Intercourse Among Women: A Systematic Review and Thematic Analysis." *BMJ Public Health* 4, no. 1 (January 1, 2026): e002700. <https://doi.org/10.1136/bmjph-2025-002700>.
- Garis, Mary Grace. "A Neuroscientist's Top 8 Mental Hacks to Help You Have Better Sex Tonight." Well+Good, October 21, 2025. <https://www.wellandgood.com/lifestyle/sexual-response-cycle>.
- Garros, Aurélien, Michel Bourrely, Luis Sagaon-Teyssier, Abdourahmane Sow, Nathalie Lydie, Lucie Duchesne, Thierry Higuero, Henri Damon, Annie Velter, and Laurent Abramowitz. "Risk of Fecal Incontinence Following Receptive Anal Intercourse: Survey of 21,762 Men Who Have Sex with Men." *Journal of Sexual Medicine* 18, no. 11 (October 10, 2021): 1880–90. <https://doi.org/10.1016/j.jsxm.2021.07.014>.
- Giovannetti, Olivia, Diane Tomalty, Shelby Gilmore, Anne Pattison, Barry Komisaruk, Sue Goldstein, Johanna Hannan, Irwin Goldstein, Caroline Pukall, and Michael A. Adams. "The Contribution of the Cervix to Sexual Response: An Online Survey Study." *Journal of Sexual Medicine* 20, no. 1 (January 1, 2023): 49–56. <https://doi.org/10.1093/jsxmed/qdac010>.
- Giuliano, François, Olivier Rampin, and Julien Allard. "Neurophysiology and Pharmacology of Female Genital Sexual Response." *Journal of Sex and Marital Therapy* 28, suppl. 1 (February 15, 2002): 101–21. <https://doi.org/10.1080/00926230252851230>.
- Gloudeman, Nikki. "What's So Scary about Vaginas?" Ravishly, March 16, 2015. <https://ravishly.com/2015/03/16/whats-so-scary-about-vaginas>. (Note: site since taken down)
- Hensel, Devon J., Christiana D. Von Hippel, Charles C. Lapage, and Robert H. Perkins. "Women's Techniques for Pleasure from Anal Touch: Results from a U.S. Probability Sample of Women Ages 18–93." *PLOS ONE* 17, no. 6 (June 29, 2022): e0268785. <https://doi.org/10.1371/journal.pone.0268785>.
- Holmes, King K., Ruth Levine, and Marcia Weaver. "Effectiveness of Condoms in Preventing Sexually Transmitted Infections." *Bulletin of the World Health Organization* 82, no. 6 (June 2004): 454–61.
- Howarth, Helena, Volker Sommer, and Fiona M. Jordan. "Visual Depictions of Female Genitalia Differ Depending on Source." *Medical Humanities* 36, no. 2 (November 30, 2010): 75–79. <https://doi.org/10.1136/jmh.2009.003707>.
- Inoue, Miyabi, Yuki Sekiguchi, Noriko Ninomiya, Tomoko Kobayashi, and Motoo Araki. "Enhanced Visualization of Female Squirt." *International Journal of Urology* 29, no. 11 (August 24, 2022): 1368–70. <https://doi.org/10.1111/iju.15004>.
- Irfan, Muna, and Carlos H. Schenck. "Sleep-Related Orgasms in a 57-Year-Old Woman: A Case Report." *Journal of Clinical Sleep Medicine* 14, no. 1 (January 12, 2018): 141–44. <https://doi.org/10.5664/jcsm.6902>.
- Jackson, Lindsey A., Adam M. Hare, Kelley S. Carrick, Denise M. O. Ramirez, Jennifer J. Hamner, and Marlene M. Corton. "Anatomy, Histology, and Nerve Density of Clitoris and Associated Structures: Clinical Applications to Vulvar Surgery." *American Journal of Obstetrics and Gynecology* 221, no. 5 (June 26, 2019): 519.e1–519.e9. <https://doi.org/10.1016/j.ajog.2019.06.048>.

- Jannini, Emmanuele A., Alberto Rubio-Casillas, Beverly Whipple, Odile Buisson, Barry R. Komisaruk, and Stuart Brody. "Female Orgasm(s): One, Two, Several." *Journal of Sexual Medicine* 9, no. 4 (March 30, 2012): 956–65. <https://doi.org/10.1111/j.1743-6109.2012.02694.x>.
- Jannini, Emmanuele A., Odile Buisson, and Alberto Rubio-Casillas. "Beyond the G-Spot: Clitourethrovaginal Complex Anatomy in Female Orgasm." *Nature Reviews Urology* 11, no. 9 (August 12, 2014): 531–38. <https://doi.org/10.1038/nrurol.2014.193>.
- Jenness, Samuel M., Elizabeth M. Begier, Alan Neaigus, Christopher S. Murrill, Travis Wendel, and Holly Hagan. "Unprotected Anal Intercourse and Sexually Transmitted Diseases in High-Risk Heterosexual Women." *American Journal of Public Health* 101, no. 4 (June 18, 2010): 745–50. <https://doi.org/10.2105/ajph.2009.181883>.
- Joannides, Paul. *The Guide to Getting It On!* Waldport, OR: Goofy Foot Press, 2000.(Chapter Five)
- Laan, Ellen, Daphne K. Martoredjo, Sara Hesselink, Nónín Snijders, and Rik H. W. Van Lunsen. "Young Women's Genital Self-Image and Effects of Exposure to Pictures of Natural Vulvas." *Journal of Psychosomatic Obstetrics and Gynecology* 38, no. 4 (September 20, 2016): 249–55. <https://doi.org/10.1080/0167482x.2016.1233172>.
- Lorenz, Tierney Ahrold, and Cindy May Meston. "Exercise Improves Sexual Function in Women Taking Antidepressants: Results from a Randomized Crossover Trial." *Depression and Anxiety* 31, no. 3 (November 1, 2013): 188–95. <https://doi.org/10.1002/da.22208>.
- Mahapatra, Chitaranjan, Jagatpati Raiguru, Kasetty Lakshminarasimha, Ahmed Al-Emam, and Maher Ali Rusho. "Electrophysiological and Biophysical Perspectives on the Clitoral Corpus Cavernosum and Its Role in Female Sexual Arousal Disorder." *Frontiers in Physiology* 16 (September 1, 2025): 1626675. <https://doi.org/10.3389/fphys.2025.1626675>.
- Maynard, Emily, Alex Carballo-Diéguez, Ana Ventuneac, Theresa Exner, and Kenneth Mayer. "Women's Experiences With Anal Sex: Motivations and Implications for STD Prevention." *Perspectives on Sexual and Reproductive Health* 41, no. 3 (September 1, 2009): 142–49. <https://doi.org/10.1363/4114209>.
- McDougall, Lindy Joan. "Towards a Clean Slit: How Medicine and Notions of Normality Are Shaping Female Genital Aesthetics." *Culture, Health and Sexuality* 15, no. 7/8 (2013): 774–87. <http://www.jstor.org/stable/24741210>.
- Meston, Cindy M., and Penny F. Frohlich. "The Neurobiology of Sexual Function." *Archives of General Psychiatry* 57, no. 11 (November 1, 2000): 1012–30. <https://doi.org/10.1001/archpsyc.57.11.1012>.
- Nuzzo, Regina. "Female Orgasms and a 'Rule of Thumb.'" *Los Angeles Times*, July 16, 2019. <https://www.latimes.com/health/la-hew-ordistance11feb11-story.html>.
- O'Connell, Helen E., Kalavampara V. Sanjeevan, and John M. Hutson. "Anatomy of the Clitoris." *Journal of Urology* 174, no. 4, pt. 1 (September 13, 2005): 1189–95. <https://doi.org/10.1097/01.ju.0000173639.38898.cd>.
- Oschatz, Tanja, Verena Klein, Veronica Kovalcik, and Rotem Kahalon. "Vagina, Pussy, Vulva, Vag: Women's Names for Their Genitals Are Differentially Associated With Sexual and Health Outcomes." *Sex Roles* 91, no. 11 (October 22, 2025). <https://doi.org/10.1007/s11199-025-01619-w>.
- Pauls, Rachel N. "Anatomy of the Clitoris and the Female Sexual Response." *Clinical Anatomy* 28, no. 3 (March 2, 2015): 376–84. <https://doi.org/10.1002/ca.22524>.
- Pfaus, James G., Gonzalo R. Quintana, Conall Mac Cionnaith, and Mayte Parada. "The Whole versus the Sum of Some of the Parts: Toward Resolving the Apparent Controversy of Clitoral versus

- Vaginal Orgasms." *Socioaffective Neuroscience and Psychology* 6, no. 1 (January 1, 2016): 32578. <https://doi.org/10.3402/snp.v6.32578>.
- Puppo, Vincenzo. "Anatomy and Physiology of the Clitoris, Vestibular Bulbs, and Labia Minora with a Review of the Female Orgasm and the Prevention of Female Sexual Dysfunction." *Clinical Anatomy* 26, no. 1 (November 21, 2012): 134–52. <https://doi.org/10.1002/ca.22177>.
- Puppo, Vincenzo, and Giulia Puppo. "Anatomy of Sex: Revision of the New Anatomical Terms Used for the Clitoris and the Female Orgasm by Sexologists." *Clinical Anatomy* 28, no. 3 (October 6, 2014): 293–304. <https://doi.org/10.1002/ca.22471>.
- Puppo, Vincenzo. "Embryology and Anatomy of the Vulva: The Female Orgasm and Women's Sexual Health." *European Journal of Obstetrics & Gynecology and Reproductive Biology* 154, no. 1 (September 16, 2010): 3–8. <https://doi.org/10.1016/j.ejogrb.2010.08.009>.
- Salama, Samuel, Florence Boitrelle, Amélie Gauquelin, Lydia Malagrida, Nicolas Thiounn, and Pierre Desvaux. "Nature and Origin of 'Squirting' in Female Sexuality." *Journal of Sexual Medicine* 12, no. 3 (December 24, 2014): 661–66. <https://doi.org/10.1111/jsm.12799>.
- Stock, Wendy E., and James H. Geer. "A Study of Fantasy-Based Sexual Arousal in Women." *Archives of Sexual Behavior* 11, no. 1 (February 1, 1982): 33–47. <https://doi.org/10.1007/bf01541364>.
- Streicher, Lauren. Personal correspondence, May 24, 2026.
- Tappy, Erryn E., Kelley S. Carrick, Denise M. O. Ramirez, Polina Sawyer, and Marlene M. Corton. "Anatomic Relationships of the Clitoral Body, Bulbs of the Vestibule, and Urethra." *American Journal of Obstetrics and Gynecology* 228, no. 6 (February 22, 2023): 720.e1–720.e8. <https://doi.org/10.1016/j.ajog.2023.02.011>.
- Traish, Abdulmaged M., Ella Botchevar, and Noel N. Kim. "Biochemical Factors Modulating Female Genital Sexual Arousal Physiology." *Journal of Sexual Medicine* 7, no. 9 (July 13, 2010): 2925–46. <https://doi.org/10.1111/j.1743-6109.2010.01903.x>.
- Tran, Julien, Jason J. Ong, Catriona S. Bradshaw, Marcus Y. Chen, Fabian Y. S. Kong, Jane S. Hocking, Ei T. Aung, Kate Maddaford, Christopher K. Fairley, and Eric P. F. Chow. "Kissing, Fellatio, and Anilingus as Risk Factors for Oropharyngeal Gonorrhea in Men Who Have Sex with Men: A Cross-Sectional Study." *EClinicalMedicine* 51 (July 14, 2022): 101557. <https://doi.org/10.1016/j.eclinm.2022.101557>.
- Uloko, Maria, Erika P. Isabey, and Blair R. Peters. "How Many Nerve Fibers Innervate the Human Glans Clitoris: A Histomorphometric Evaluation of the Dorsal Nerve of the Clitoris." *Journal of Sexual Medicine* 20, no. 3 (January 30, 2023): 247–52. <https://doi.org/10.1093/jsxmed/qdac027>.
- US Department of Health and Human Services. "Guidelines for the Prevention and Treatment of Opportunistic Infections in Adults and Adolescents with HIV." ClinicalInfo.HIV.gov–NCBI Bookshelf, May 27, 2026. <https://www.ncbi.nlm.nih.gov/books/NBK586304/>.
- Vance, Ellen Belle, and Nathaniel N. Wagner. "Written Descriptions of Orgasm: A Study of Sex Differences." *Archives of Sexual Behavior* 5, no. 1 (January 1, 1976): 87–98. <https://doi.org/10.1007/bf01542242>.
- Wallen, Kim, and Elisabeth A. Lloyd. "Female Sexual Arousal: Genital Anatomy and Orgasm in Intercourse." *Hormones and Behavior* 59, no. 5 (December 31, 2010): 780–92. <https://doi.org/10.1016/j.yhbeh.2010.12.004>.
- Whipple, Beverly, Gina Ogden, and Barry R. Komisaruk. "Physiological Correlates of Imagery-Induced Orgasm in Women." *Archives of Sexual Behavior* 21, no. 2 (April 1, 1992): 121–33. <https://doi.org/10.1007/bf01542589>.

- Workowski, Kimberly A., Laura H. Bachmann, Philip A. Chan, Christine M. Johnston, Christina A. Muzny, Ina Park, Hilary Reno, Jonathan M. Zenilman, and Gail A. Bolan. "Sexually Transmitted Infections Treatment Guidelines, 2021." *MMWR Recommendations and Reports* 70, no. 4 (July 22, 2021): 1–187. <https://doi.org/10.15585/mmwr.r7004a1>.
- Yang, Claire C., Christopher J. Cold, Ugur Yilmaz, and Kenneth R. Maravilla. "Sexually Responsive Vascular Tissue of the Vulva." *British Journal of Urology* 97, no. 4 (December 20, 2005): 766–72. <https://doi.org/10.1111/j.1464-410x.2005.05961.x>.

Chapter 6: Accoochiments: Sexual Accessories for Your Coochie

- Agarwal, Ashok, Fnu Deepinder, Marcello Cocuzza, Robert A. Short, and Donald P. Evenson. "Effect of Vaginal Lubricants on Sperm Motility and Chromatin Integrity: A Prospective Comparative Study." *Fertility and Sterility* 89, no. 2 (May 17, 2007): 375–79. <https://doi.org/10.1016/j.fertnstert.2007.02.050>.
- Australian Society of Cosmetic Chemists. "European Regulatory Change." ASCC, n.d. <https://ascc.com.au/european-regulatory-change/>.
- Ayehunie, Sahar, Yu Ya Wang, Trisha Landry, Sofija Bogojevic, and Richard A. Cone. "Hyperosmolal Vaginal Lubricants Markedly Reduce Epithelial Barrier Properties in a Three-Dimensional Vaginal Epithelium Model." *Toxicology Reports* 5 (December 16, 2017): 134–140. <https://doi.org/10.1016/j.toxrep.2017.12.011>.
- Bellas, Athena, and Jodi McAlister. "Let Me Take Care of You: Domestic Caretaking Fantasies in Boyfriend Experience Audio Erotica." *Porn Studies* 10, no. 3 (July 3, 2023): 319–33. <https://doi.org/10.1080/23268743.2023.2220721>.
- Billups, Kevin L., Laura Berman, Jennifer Berman, Michael E. Metz, Margaret E. Glennon, and Irwin Goldstein. "A New Non-Pharmacological Vacuum Therapy for Female Sexual Dysfunction." *Journal of Sex and Marital Therapy* 27, no. 5 (October 1, 2001): 435–41. <https://doi.org/10.1080/713846826>.
- Brown, Joelle M., Kristen L. Hess, Stephen Brown, Colleen Murphy, Ava Lena Waldman, and Marjan Hezareh. "Intravaginal Practices and Risk of Bacterial Vaginosis and Candidiasis Infection among a Cohort of Women in the United States." *Obstetrics and Gynecology* 121, no. 4 (March 7, 2013): 773–80. <https://doi.org/10.1097/aog.0b013e31828786f8>.
- Calapai, Gioacchino, Paola L. Minciullo, Marco Miroddi, Ioanna Chinou, Sebastiano Gangemi, and Richard J. Schmidt. "Contact Dermatitis as an Adverse Reaction to Some Topically Used European Herbal Medicinal Products—Part 3: Mentha × Piperita—Solanum Dulcamara." *Contact Dermatitis* 74, no. 3 (November 13, 2015): 131–44. <https://doi.org/10.1111/cod.12483>.
- Casey, Petra M., Kathy L. MacLaughlin, and Stephanie S. Faubion. "Impact of Contraception on Female Sexual Function." *Journal of Women's Health* 26, no. 3 (September 13, 2016): 207–13. <https://doi.org/10.1089/jwh.2015.5703>.
- Castleman, Michael. "Why Do Women View Pornography?" *Psychology Today*, July 15, 2025. <https://www.psychologytoday.com/us/blog/all-about-sex/202507/why-do-women-view-pornography>.
- Cieri-Hutcherson, Nicole E., Andrea Jaenecke, Ajeet Bahia, Debra Lucas, Ann Oluloro, Lora Stimmel, and Timothy C. Hutcherson. "Systematic Review of L-Arginine for the Treatment of Hypoactive Sexual Desire Disorder and Related Conditions in Women." *Pharmacy* 9, no. 2 (March 27, 2021): 71. <https://doi.org/10.3390/pharmacy9020071>.
- Cleveland Clinic. "Why You Should Never Put a Yoni Egg in Your Vagina." December 26, 2025. <https://health.clevelandclinic.org/are-yni-eggs-safe>.

- Cunha, Ana, Rita Machado, Ana Palmeira-De-Oliveira, José Martinez-De-Oliveira, José Das Neves, and Rita Palmeira-De-Oliveira. "Characterization of Commercially Available Vaginal Lubricants: A Safety Perspective." *Pharmaceutics* 6, no. 3 (September 22, 2014): 530–42. <https://doi.org/10.3390/pharmaceutics6030530>.
- "Dame." Citrus Labs, n.d. <https://www.citruslabs.com/testedproducts/dame-desire-gummy>.
- Davis, Ryan, Jacob Hershenhouse, Marissa Maas, Jeffrey Loh-Doyle, and Kian Asanad. "Association of Cannabis Abuse/Dependence on Risks of Erectile Dysfunction and Testosterone Deficiency Using a Large Claims Database Analysis." *Journal of Sexual Medicine* 22, no. 5 (2025): 711–718. <https://doi.org/10.1093/jsxmed/qdaf043>.
- Déa, Caroline Andrade, Eliane Cristina Hilberath Moreira, and Camile Ludovico Zamboti. "Sexual Function, Quality of Life, Anxiety, and Depression in Women of Reproductive Age Using Hormonal, Nonhormonal, and No Contraceptive Methods." *Journal of Sexual Medicine* 21, no. 8 (June 6, 2024): 683–90. <https://doi.org/10.1093/jsxmed/qdae060>.
- Dezzutti, Charlene S., Elizabeth R. Brown, Bernard Moncla, Julie Russo, Marilyn Cost, Lin Wang, Kevin Uranker, et al. "Is Wetter Better? An Evaluation of Over-the-Counter Personal Lubricants for Safety and Anti-HIV-1 Activity." *PLOS ONE* 7, no. 11 (November 7, 2012): e48328. <https://doi.org/10.1371/journal.pone.0048328>.
- Dubinskaya, Alexandra. Personal correspondence, May 26, 2026.
- Dubinskaya, Alexandra, Priya Kohli, Poone Shoureshi, Catherine Breese, Victoria Scott, Jennifer T. Anger, and Karyn S. Eilber. "The Role of Vibrators in Women's Pelvic Health: An Alluring Tool to Improve Physical, Sexual, and Mental Health." *International Urogynecology Journal* 35, no. 5 (2024): 1085–92. <https://doi.org/10.1007/s00192-024-05775-7>.
- Dubinskaya, Alexandra, Rainey Horwitz, Victoria Scott, Jennifer Anger, and Karyn Eilber. "Is It Time for Doctors to Rx Vibrators? A Systematic Review of Pelvic Floor Outcomes." *Sexual Medicine Reviews* 11, no. 1 (2023): 15–22. <https://doi.org/10.1093/sxmrev/qeac008>.
- Edwards, D., and N. Panay. "Treating Vulvovaginal Atrophy/Genitourinary Syndrome of Menopause: How Important Is Vaginal Lubricant and Moisturizer Composition?" *Climacteric* 19, no. 2 (December 26, 2015): 151–61. <https://doi.org/10.3109/13697137.2015.1124259>.
- "Female Sexual Dysfunction." *Obstetrics and Gynecology* 134, no. 1 (July 1, 2019): e1–18. <https://doi.org/10.1097/aog.0000000000003324>.
- Fmedu. "How Often Americans Use Their Butts in the Bedroom." Future Method: The Science of Sex, July 9, 2025. <https://education.futuremethod.com/how-often-americans-have-anal-sex/>.
- Fontaine, Melinda. "Truth and Friction: Is Your Vaginal Lubricant Helping or Hurting Your Pelvic Health?" Pelvic Health and Rehabilitation Center, July 19, 2024. <https://pelvicpainrehab.com/blog/truth-and-friction/>.
- "Foria." Citrus Labs, n.d. <https://www.citruslabs.com/testedproducts/foria-awaken-arousal>.
- Fuchs, Edward J., Linda A. Lee, Michael S. Torbenson, Teresa L. Parsons, Rahul P. Bakshi, Anita M. Guidos, Richard L. Wahl, and Craig W. Hendrix. "Hyperosmolar Sexual Lubricant Causes Epithelial Damage in the Distal Colon: Potential Implication for HIV Transmission." *Journal of Infectious Diseases* 195, no. 5 (February 2, 2007): 703–10. <https://doi.org/10.1086/511279>.
- Garcia, Justin R., Chris Reiber, Sean G. Massey, and Ann M. Merriwether. "Sexual Hookup Culture: A Review." *Review of General Psychology* 16, no. 2 (June 1, 2012): 161–76. <https://doi.org/10.1037/a0027911>.
- Gessner, Nicholas, Sophia Neman, Chavy Chiang, John Lin, David Younessi, Erica Dommasch, Olushola Akinshemoyin Vaughn, Walter Liszewski, John Zampella, and John Trinidad.

- "Allergenic Characterization of Best-Selling Personal Lubricants." *Dermatology Online Journal* 31, no. 2 (May 19, 2025). <https://doi.org/10.5070/d331265285>.
- Gorzalka, Boris B., Matthew N. Hill, and Sabrina C. H. Chang. "Male-Female Differences in the Effects of Cannabinoids on Sexual Behavior and Gonadal Hormone Function." *Hormones and Behavior* 58, no. 1 (2010): 91–99. <https://doi.org/10.1016/j.yhbeh.2009.08.009>.
- Guttmacher Institute. "Contraceptive Use in the United States by Method." March 11, 2026. <https://www.guttmacher.org/fact-sheet/contraceptive-method-use-united-states>.
- Hald, Gert Martin, Silvia Pavan, and Camilla S. Øverup. "Do Sex Toys Make Me Satisfied? The Use of Sex Toys in Denmark, Norway, Sweden, Finland, France, and the UK." *Journal of Sex Research* 62, no. 5 (January 31, 2024): 735–49. <https://doi.org/10.1080/00224499.2024.2304575>.
- "Have You Ever Let a Guy Use Sex Toys on You?" Quora. <https://www.quora.com/Have-you-ever-let-a-guy-use-sex-toys-on-you>.
- Herbenick, Debra, Michael Reece, Stephanie Sanders, Brian Dodge, Annahita Ghassemi, and J. Dennis Fortenberry. "Prevalence and Characteristics of Vibrator Use by Women in the United States: Results from a Nationally Representative Study." *Journal of Sexual Medicine* 6, no. 7 (May 7, 2009): 1857–66. <https://doi.org/10.1111/j.1743-6109.2009.01318.x>.
- Herbenick, Debra, Michael Reece, Vanessa Schick, Kristen N. Jozkowski, Susan E. Middelstadt, Stephanie A. Sanders, Brian S. Dodge, Annahita Ghassemi, and J. Dennis Fortenberry. "Beliefs about Women's Vibrator Use: Results from a Nationally Representative Probability Survey in the United States." *Journal of Sex and Marital Therapy* 37, no. 5 (September 30, 2011): 329–45. <https://doi.org/10.1080/0092623x.2011.606745>.
- Hillard, T. C. "Lasers in the Era of Evidence-Based Medicine." *Climacteric* 23, suppl. 1 (October 19, 2020): S6–10. <https://doi.org/10.1080/13697137.2020.1774536>.
- Hung, Kristin J., Patricia L. Hudson, Agnes Bergerat, Helai Hesham, Namit Choksi, and Caroline Mitchell. "Effect of Commercial Vaginal Products on the Growth of Uropathogenic and Commensal Vaginal Bacteria." *Scientific Reports* 10, no. 1 (May 6, 2020): 7625. <https://doi.org/10.1038/s41598-020-63652-x>.
- Karagounis, Theodora K., Julia K. Gittler, Veronica Rotemberg, and Kimberly D. Morel. "Use of 'Natural' Oils for Moisturization: Review of Olive, Coconut, and Sunflower Seed Oil." *Pediatric Dermatology* 36, no. 1 (August 28, 2018): 9–15. <https://doi.org/10.1111/pde.13621>.
- Kassel, Gabrielle. "The 9 Best Silicone Lubes, Tested by Sex Educators and Therapists." *Women's Health*, May 28, 2024. <https://www.womenshealthmag.com/sex-and-love/g60859066/best-silicone-lube/>.
- Klein, Alice. "Neurons That Respond to Vibration Discovered in the Clitoris and Penis." *New Scientist*, July 5, 2023. <https://www.newscientist.com/article/2379885-neurons-that-respond-to-vibration-discovered-in-the-clitoris-and-penis/>.
- Leong, K., C. Carlton, E. Deverdis, C. Grimes, B. Jacobs, R. Rogers, and B. Roberts. "Exploring Intimacy and Empowerment: Impact of Vibrator Use in Urogynecology." *Journal of Sexual Medicine*, n.d. <https://doi.org/10.1016/j.ajog.2025.11.037>.
- Lissitsa, Denis, May Hovers, Michal Shamuilova, Tal Ezrapour, and Leeche Peled-Avron. "Update on Cannabis in Human Sexuality." *Psychopharmacology* 241, no. 9 (2024): 1721–1730. <https://doi.org/10.1007/s00213-024-06643-4>.
- Markram, Johan, Lizelle Griessel, Brendan Girdler-Brown, and Kim Outhoff. "Sperm-friendly Lubricant: Fact or Fiction." *International Journal of Gynecology & Obstetrics* 159, no. 1 (March 23, 2022): 111–15. <https://doi.org/10.1002/ijgo.14136>.

- McCormack, Claire. "Consumers Can Now Buy MysteryVibe's Vibrators with Health Savings Accounts." *Beauty Independent*, November 23, 2022. <https://www.beautyindependent.com/mysteryvibe-vibrators-health-savings-accounts/>.
- Molin, Eloiza Adriane Dal, Gabriel Adan Araújo Leite, and Virginia Meneghini Lazzari. "A Systematic Review Focused on Lubricant Use and Sperm Quality: Improving Human Reproductive Success by Informing Lubricants Toxicity." *Journal of Applied Toxicology* 44, no. 10 (January 31, 2024): 1470–77. <https://doi.org/10.1002/jat.4582>.
- Moser, Amanda, Sharon M. Ballard, Jake Jensen, and Paige Averett. "The Influence of Cannabis on Sexual Functioning and Satisfaction." *Journal of Cannabis Research* 5, no. 1 (January 20, 2023): 2. <https://doi.org/10.1186/s42238-022-00169-2>.
- Mowat, Alex, Cora Newton, Clare Boothroyd, Kristy Demmers, and Steven Fleming. "The Effects of Vaginal Lubricants on Sperm Function: An In Vitro Analysis." *Journal of Assisted Reproduction and Genetics* 31, no. 3 (January 4, 2014): 333–39. <https://doi.org/10.1007/s10815-013-0168-x>.
- National Comprehensive Cancer Network. "NCCN Clinical Practice Guidelines in Oncology: Survivorship." Version 2.2026. Accessed June 17, 2026. <https://www.nccn.org/guidelines/guidelines-detail?category=3&id=1466>.
- Ogbolu, D. O., A. A. Oni, O. A. Daini, and A. P. Oloko. "In Vitro Antimicrobial Properties of Coconut Oil on Candida Species in Ibadan, Nigeria." *Journal of Medicinal Food* 10, no. 2 (June 1, 2007): 384–87. <https://doi.org/10.1089/jmf.2006.1209>.
- Olson, Amanda. "Medical Grade Silicone." Intimate Rose, n.d. <https://www.intimaterose.com/blogs/womens-health/medical-grade-silicone>.
- O'Mara, Michele. "Favorite Strap-Ons for Lesbian Couples." *Lesbian Love Advice*, November 18, 2022. <https://www.lesbianloveadv.com/strapon>.
- Palacios, Santiago, Sarah Hood, Temitayo Abakah-Phillips, Nina Savania, and Michael Krychman. "A Randomized Trial on the Effectiveness and Safety of 5 Water-Based Personal Lubricants." *Journal of Sexual Medicine* 20, no. 4 (February 13, 2023): 498–506. <https://doi.org/10.1093/jsxmed/qdad005>.
- Palaniappan, Meenakshi, Laurie Mintz, and Rachel Heatherly. "Bibliotherapy Interventions for Female Low Sexual Desire: Erotic Fiction versus Self-Help." *Sexual and Relationship Therapy*, March 16, 2016, 1–15. <https://doi.org/10.1080/14681994.2016.1158805>.
- Palaniappan, Meenakshi, Rachel Heatherly, Laurie B. Mintz, Kathleen Connelly, Tessa Wimberley, Alexandra M. Balzer, Danielle Pierini, and Katherine Vogel Anderson. "Skills vs. Pills: Comparative Effectiveness for Low Sexual Desire in Women." *Journal of Sex and Marital Therapy* 44, no. 1 (March 13, 2017): 1–15. <https://doi.org/10.1080/0092623x.2017.1305029>.
- Parish, S.J., and S. Kellogg Spadt. "084 a Review of Clinical Study Data on Ristela (TM), a Supplement Blend for Improved Sexual Function in Women." *The Journal of Sexual Medicine* 16, no. Supplement 3 (May 31, 2019): S31–32. <https://doi.org/10.1016/j.jsxm.2019.03.525>.
- Pascoal, Patrícia Monteiro, Daniel Cardoso, and Rui Henriques. "Sexual Satisfaction and Distress in Sexual Functioning in a Sample of the BDSM Community: A Comparison Study between BDSM and Non-BDSM Contexts." *Journal of Sexual Medicine* 12, no. 4 (February 17, 2015): 1052–61. <https://doi.org/10.1111/jsm.12835>.
- Playboy Editorial. "Honorable Horniness: The Facts about Ethical Pornography." *Playboy*, January 3, 2025. <https://www.playboy.com/read/sex/honorable-horniness-the-facts-about-ethical-pornography>.

- Poljšak, Nina, and Nina Kočevar Glavač. "Vegetable Butters and Oils as Therapeutically and Cosmetically Active Ingredients for Dermal Use: A Review of Clinical Studies." *Frontiers in Pharmacology* 13 (April 25, 2022): 868461. <https://doi.org/10.3389/fphar.2022.868461>.
- Potter, N., and N. Panay. "Vaginal Lubricants and Moisturizers: A Review into Use, Efficacy, and Safety." *Climacteric* 24, no. 1 (September 29, 2020): 19–24. <https://doi.org/10.1080/13697137.2020.1820478>.
- Prause, Nicole, Verena Roberts, Margaret Legarretta, and Liva M. Rigney Cox. "Clinical and Research Concerns with Vibratory Stimulation: A Review and Pilot Study of Common Stimulation Devices." *Sexual and Relationship Therapy* 27, no. 1 (February 1, 2012): 17–34. <https://doi.org/10.1080/14681994.2012.660141>.
- Qi, Lijun, Michael Iskols, Rachel S. Greenberg, Jia Yin Xiao, Annie Handler, Stephen D. Liberles, and David D. Ginty. "Krause Corpuscles Are Genital Vibrotactile Sensors for Sexual Behaviours." *Nature* 630, no. 8018 (June 19, 2024): 926–34. <https://doi.org/10.1038/s41586-024-07528-4>.
- Reece, Michael, Debby Herbenick, Brian Dodge, Stephanie A. Sanders, Annahita Ghassemi, and J. Dennis Fortenberry. "Vibrator Use among Heterosexual Men Varies by Partnership Status: Results from a Nationally Representative Study in the United States." *Journal of Sex and Marital Therapy* 36, no. 5 (September 28, 2010): 389–407. <https://doi.org/10.1080/0092623x.2010.510774>.
- Rubin, Elizabeth S., Neha A. Deshpande, Peter J. Vasquez, and Susan Kellogg Spadt. "A Clinical Reference Guide on Sexual Devices for Obstetrician–Gynecologists." *Obstetrics and Gynecology* 133, no. 6 (May 13, 2019): 1259–68. <https://doi.org/10.1097/aog.0000000000003262>.
- Rullo, Jordan E., Tierney Lorenz, Matthew J. Ziegelmann, Laura Meihof, Debra Herbenick, and Stephanie S. Faubion. "Genital Vibration for Sexual Function and Enhancement: A Review of Evidence." *Sexual and Relationship Therapy* 33, no. 3 (January 2, 2018): 263–74. <https://doi.org/10.1080/14681994.2017.1419557>.
- Sandhu, Ranjit S., Timothy H. Wong, Crystal A. Kling, and Kazim R. Chohan. "In Vitro Effects of Coital Lubricants and Synthetic and Natural Oils on Sperm Motility." *Fertility and Sterility* 101, no. 4 (January 23, 2014): 941–44. <https://doi.org/10.1016/j.fertnstert.2013.12.024>.
- Savoury, Milan C., Elizabeth A. Mahar, and Laurie B. Mintz. "Feelings of Masculinity and Accomplishment in Response to Penetrative versus Non-Penetrative Orgasms." *Archives of Sexual Behavior* 51, no. 1 (November 8, 2021): 611–20. <https://doi.org/10.1007/s10508-021-02070-0>.
- Schuerwegen, A., M. Morrens, E. Wuyts, W. Huys, K. Goethals, and I. De Zeeuw-Jans. "The Psychology of Kink: A Survey Study Investigating Stigma and Psychological Mechanisms in BDSM." *European Psychiatry* 65, no. S1 (June 1, 2022): S804. <https://doi.org/10.1192/j.eurpsy.2022.2079>.
- Spadt, S. Kellogg, and A. Dweck. "083 the Effect of Ristela Supplementation on Female Sexual Function in Women Taking Antidepressants: An Open Label Trial." *The Journal of Sexual Medicine* 17, no. Supplement_3 (July 1, 2020): S259–60. <https://doi.org/10.1016/j.jsxm.2020.04.388>.
- Sprott, Richard A., and Anna Randall. "'The Invisible Gate': Experiences of Well-Being in the Context of Kink Sexuality." *Journal of Humanistic Psychology* 64, no. 6 (October 6, 2024): 1014–34. <https://doi.org/10.1177/00221678241286269>.

- Struck, Pia, and Søren Ventegodt. "Clinical Holistic Medicine: Teaching Orgasm for Females with Chronic Anorgasmia Using the Betty Dodson Method." *Scientific World Journal* 8 (January 1, 2008): 883–95. <https://doi.org/10.1100/tsw.2008.116>.
- Sudol, Kristin M., and David M. Phillips. "Relative Safety of Sexual Lubricants for Rectal Intercourse." *Sexually Transmitted Diseases* 31, no. 6 (May 13, 2004): 346–49. <https://doi.org/10.1097/00007435-200406000-00005>.
- Thompson, Zahra. "6 Lube Ingredients You May Want to Avoid." *SELF*, February 16, 2017. <https://www.self.com/story/6-lube-ingredients-to-avoid>.
- Tucker, Sophie, Eliza Burr, Sara Perelmutter, Quynh Tran, Alexis Thompson, Julia Rubin, Melissa Davide, et al. "Sexual Devices and Erotica." *Journal of Minimally Invasive Gynecology* 33, no. 1 (January 1, 2026): 100–109. <https://doi.org/10.1016/j.jmig.2025.09.001>.
- UCLA Contributor. "I Used a Vibrator During Sex, And The Results Were Unreal." *Her Campus*, March 9, 2019. <https://www.hercampus.com/school/ucla/i-used-vibrator-during-sex-and-results-were-unreal/>.
- Vanderschee, Ryleigh, and Sanja Kostov. "Approach to Lubricant Use for Sexual Activity." *Canadian Family Physician* 71, no. 7–8 (July 1, 2025): e158–66. <https://doi.org/10.46747/cfp.710708e158>.
- Vella Bioscience, Inc. "The Intriguing Science behind Female Arousal." Vella Bioscience, n.d. <https://vellabio.com/pages/science-behind-female-arousal>.
- Verallo-Rowell, Vermén M., Stephanie S. Katalbas, and Julia P. Pangasinan. "Natural (Mineral, Vegetable, Coconut, Essential) Oils and Contact Dermatitis." *Current Allergy and Asthma Reports* 16, no. 7 (July 1, 2016): 51. <https://doi.org/10.1007/s11882-016-0630-9>.
- Watson, Erin D., Léa J. Séguin, Robin R. Milhausen, and Sarah H. Murray. "The Impact of a Couple's Vibrator on Men's Perceptions of Their Own and Their Partner's Sexual Pleasure and Satisfaction." *Men and Masculinities* 19, no. 4 (July 17, 2015): 370–83. <https://doi.org/10.1177/1097184x15595082>.
- Weaving Voices for Health & Justice. "Slippery Slope: What Your Vagina Wants You to Know About Lube." October 2025. <https://weavingvoices.org/slippy-slope-what-your-vagina-wants-to-know-about-lube/>.
- Weinberger, James M., Justin Houman, Ashley T. Caron, Devin N. Patel, Avi S. Baskin, A. Lenore Ackerman, Karyn S. Eilber, and Jennifer T. Anger. "Female Sexual Dysfunction and the Placebo Effect." *Obstetrics and Gynecology* 132, no. 2 (July 11, 2018): 453–58. <https://doi.org/10.1097/aog.0000000000002733>.
- Wetzel, Grace M., Diana T. Sanchez, and David A. Frederick. "Short Duration, Lasting Disparities: Characterizing Quickies as a Key Contributor to the Heterosexual Orgasm Gap." Unpublished manuscript under review, 2024.
- Wiebe, Ellen, and Alanna Just. "How Cannabis Alters Sexual Experience: A Survey of Men and Women." *The Journal of Sexual Medicine* 16, no. 11 (August 22, 2019): 1758–62. <https://doi.org/10.1016/j.jsxm.2019.07.023>.
- Wilkinson, Ellen M., Paweł Łaniewski, Melissa M. Herbst-Kralovetz, and Rebecca M. Brotman. "Personal and Clinical Vaginal Lubricants: Impact on Local Vaginal Microenvironment and Implications for Epithelial Cell Host Response and Barrier Function." *Journal of Infectious Diseases* 220, no. 12 (August 9, 2019): 2009–18. <https://doi.org/10.1093/infdis/jiz412>.
- Williams, DJ, and Lynnette Coto. "'Best Sex He'd Ever Had!': A Qualitative Analysis of 'Most Amazing' Pegging Experiences." *Journal of Positive Sexuality* 9, no. 2 (December 2023). <https://doi.org/10.51681/1.92>.

- Wismeijer, Andreas A. J., and Marcel A. L. M. Van Assen. "Psychological Characteristics of BDSM Practitioners." *Journal of Sexual Medicine* 10, no. 8 (May 16, 2013): 1943–52. <https://doi.org/10.1111/jsm.12192>.
- Zhang, Sandy X. J., Rebecca G. K. MacLeod, Gurkiran Parmar, Natasha L. Orr, Kate J. Wahl, Heather Noga, Arianne Albert, Ryan Flannigan, Lori A. Brotto, and Paul J. Yong. "Ohnut versus a Waitlist Control for the Self-Management of Endometriosis-Associated Deep Dyspareunia: Protocol for a Pilot Randomized Controlled Trial." *JMIR Research Protocols* 12 (January 24, 2023): e39834. <https://doi.org/10.2196/39834>.

Chapter 7: Sex with Someone You Love (You)

- Askari, Mania, Fatemeh Ayoobi, Zahra Sherafat, Parvane Rashidpour, Seyed-Ali Mostafavi, and Reza Bidaki. "Prevalence of Masturbation and Its Predisposing Factors in Children Referred to Psychiatric Clinic of Rafsanjan University of Medical Sciences." *Mathews Journal of Psychiatry and Mental Health* 6, no. 1 (January 27, 2021). <https://doi.org/10.30654/mjpmh.10029>.
- Barbach, Lonnie Garfield. *For Yourself: The Fulfillment of Female Sexuality*. Scarborough, ON: New American Library of Canada, 1975.
- Burri, Andrea, and Ana Carvalheira. "Masturbatory Behavior in a Population Sample of German Women." *The Journal of Sexual Medicine* 16, no. 7 (May 30, 2019): 963–74. <https://doi.org/10.1016/j.jsxm.2019.04.015>.
- Carvalheira, Ana, and Isabel Leal. "Masturbation Among Women: Associated Factors and Sexual Response in a Portuguese Community Sample." *Journal of Sex & Marital Therapy* 39, no. 4 (February 19, 2013): 347–67. <https://doi.org/10.1080/0092623x.2011.628440>.
- Cervilla, Oscar, Ana Álvarez-Muelas, and Juan Carlos Sierra. "Relationship between Solitary Masturbation and Sexual Satisfaction: A Systematic Review." *Healthcare* 12, no. 2 (January 17, 2024): 235. <https://doi.org/10.3390/healthcare12020235>.
- De Jong, David C., Maximiliane Uhlich, Nantje Fischer, Christopher Ginn, Andrew Baker, Ryan Rahm-Knigge, Madison L. Moore, et al. "The Varieties of Masturbatory Experience: Prevalences in a U.S. National Sample and Recommendations for Future Investigations." *Journal of Sex & Marital Therapy* 52, no. 3 (March 2, 2026): 235–54. <https://doi.org/10.1080/0092623x.2026.2628649>.
- De Lima, Taís Elena Oliveira, Rafaela Piccinelli Dissenha, Thelma Larocca Skare, and Cezar Augusto Soares Leinig. "Masturbatory Behavior and Body Image: A Study among Brazilian Women." *Sexuality and Culture* 26, no. 2 (August 23, 2021): 474–90. <https://doi.org/10.1007/s12119-021-09903-z>.
- Dodson, Betty. *Sex for One: The Joy of Selfloving*. New York: Harmony, 2012.
- Giorgi, G., and M. Siccaldi. "Ultrasonographic Observation of a Female Fetus' Sexual Behavior in Utero." *American Journal of Obstetrics and Gynecology* 175, no. 3 Pt 1 (September 1996): 753.
- HealthyChildren.org. "Sexual Behaviors in Young Children: What's Normal, What's Not?" American Academy of Pediatrics, n.d. <https://www.healthychildren.org/English/ages-stages/preschool/Pages/Sexual-Behaviors-Young-Children.aspx>.
- Hensel, Devon J., Christiana D. Von Hippel, Rebecca Sandidge, Charles C. Lapage, Nicole S. Zelin, and Robert H. Perkins. "'OMG, Yes!': Feasibility, Acceptability, and Preliminary Efficacy of an Online Intervention for Female Sexual Pleasure." *Journal of Sex Research* 59, no. 3 (June 27, 2021): 269–82. <https://doi.org/10.1080/00224499.2021.1912277>.

- Herbenick, Debby, Jessamyn Bowling, Tsung-Chieh Fu, Brian Dodge, Lucia Guerra-Reyes, and Stephanie Sanders. "Sexual Diversity in the United States: Results From a Nationally Representative Probability Sample of Adult Women and Men." *PLoS ONE* 12, no. 7 (July 20, 2017): e0181198. <https://doi.org/10.1371/journal.pone.0181198>.
- McLaughlin, August. "True Solo Play Stories: How 4 Women Masturbate." August McLaughlin, February 3, 2021. <https://augustmclaughlin.com/true-solo-play-stories-how-4-women-masturbate/>.
- Reddit. "Female Masturbation Pride! Share Your Stories!" r/TwoXChromosomes, n.d. https://www.reddit.com/r/TwoXChromosomes/comments/144o29/female_masturbation_pride_sh_are_your_stories/.
- Scarleteen. "Going Solo: The Basics of Masturbation." n.d. <https://www.scarleteen.com/read/sex-sexuality/going-solo-basics-masturbation>.
- Wehrli, Fabienne S. V., Guy J. Bodenmann, Joëlle Clemen, and Katharina Weitkamp. "Exploring the Role of Masturbation as a Coping Strategy in Women." *International Journal of Sexual Health* 36, no. 3 (April 29, 2024): 237–56. <https://doi.org/10.1080/19317611.2024.2344812>.
- Williamson, Chris, dir. "How to Treat Men Better—Alison Armstrong." YouTube, November 29, 2025. <https://www.youtube.com/watch?v=4hibdmZkOIE>.

Chapter 8: Other Erogenous Zones to Excite You

- Alam, Md Shah, Kanti Sapkota, and Jacob Hill. "Solvent Compatibility for Extractables Analysis of Silicones." *Journal of Pharmaceutical and Biomedical Analysis* 281 (July 29, 2026): 117680. <https://doi.org/10.1016/j.jpba.2026.117680>.
- Blaak, Jürgen, and Peter Staib. "An Updated Review on Efficacy and Benefits of Sweet Almond, Evening Primrose and Jojoba Oils in Skin Care Applications." *International Journal of Cosmetic Science* 44, no. 1 (December 26, 2021): 1–9. <https://doi.org/10.1111/ics.12758>.
- Dunkel, Geoffrey T., and Falk Ulf. *The Erogenous Zones: Their Nerve Supply and Significance*. CIRP. <https://www.cirp.org/library/anatomy/winkelmann>.
- Engle, Gigi. "Why Nipple Clamps Are the Most Underrated Sex Toys in the World." *Glamour*, May 19, 2017. <https://www.glamour.com/story/nipple-clamps-for-beginners>.
- Herbenick, Debby, Callie Patterson, Paul J. Wright, Keisuke Kawata, and Tsung-Chieh Fu. "Sexual Choking/Strangulation during Sex: A Review of the Literature." *Current Sexual Health Reports* 15, no. 4 (August 29, 2023): 253–60. <https://doi.org/10.1007/s11930-023-00373-y>.
- Komisaruk, Barry R., and Beverly Whipple. "Non-Genital Orgasms." *Sexual and Relationship Therapy* 26, no. 4 (November 1, 2011): 356–72. <https://doi.org/10.1080/14681994.2011.649252>.
- Levin, Roy, and Cindy Meston. "Nipple/Breast Stimulation and Sexual Arousal in Young Men and Women." *Journal of Sexual Medicine* 3, no. 3 (2006): 450–54. <https://doi.org/10.1111/j.1743-6109.2006.00230.x>.
- Maister, Lara, Aikaterini Fotopoulou, Oliver Turnbull, and Manos Tsakiris. "The Erogenous Mirror: Intersubjective and Multisensory Maps of Sexual Arousal in Men and Women." *Archives of Sexual Behavior* 49, no. 8 (2020): 2919–33. <https://doi.org/10.1007/s10508-020-01756-1>.
- Mandriota, Morgan. "How to Use Nipple Clamps for the First Time, According to Sex Experts." Bustle, March 18, 2021. <https://www.bustle.com/wellness/how-to-use-nipple-clamps-first-time-sex-experts>.

- Poljšak, Nina, and Nina Kočevar Glavač. "Vegetable Butters and Oils as Therapeutically and Cosmetically Active Ingredients for Dermal Use: A Review of Clinical Studies." *Frontiers in Pharmacology* 13 (April 25, 2022): 868461. <https://doi.org/10.3389/fphar.2022.868461>.
- Vaughn, Alexandra R., Ashley K. Clark, Raja K. Sivamani, and Vivian Y. Shi. "Natural Oils for Skin-Barrier Repair: Ancient Compounds Now Backed by Modern Science." *American Journal of Clinical Dermatology* 19, no. 1 (July 13, 2017): 103–17. <https://doi.org/10.1007/s40257-017-0301-1>.
- Villines, Zawn. "Everything You Need to Know about Erogenous Zones." *Medical News Today*, September 15, 2025. <https://www.medicalnewstoday.com/articles/erogenous-zones>.
- Younis, Ihab, Menhaa Abdel Fattah, and Marwa Maamoun. "Female Hot Spots: Extragenital Erogenous Zones." *Human Andrology* 6, no. 1 (March 2016): 20–26. <https://doi.org/10.1097/01.XHA.0000481142.54302.08>.

Chapter 9: Pursuing Orgasmic Sexual Routines

- Chadwick, Sara B., and Sari M. Van Anders. "Orgasm Coercion: Overlaps between Pressuring Someone to Orgasm and Sexual Coercion." *Archives of Sexual Behavior* 51, no. 1 (January 1, 2022): 633–51. <https://doi.org/10.1007/s10508-021-02156-9>.
- Chadwick, Sara B., and Sari M. Van Anders. "Orgasm Coercion and Negative Relationship and Psychological Outcomes: The Role of Gender, Sexual Identity, Perpetration Tactics, and Perceptions of the Perpetrator's Intentions." *Archives of Sexual Behavior* 51, no. 1 (January 1, 2022): 653–71. <https://doi.org/10.1007/s10508-021-02162-x>.
- Guitelman, Juliana, Elizabeth A. Mahar, Laurie B. Mintz, and Hope E. Dodd. "Effectiveness of a Bibliotherapy Intervention for Young Adult Women's Sexual Functioning." *Sexual and Relationship Therapy* 36, no. 2–3 (September 5, 2019): 198–218. <https://doi.org/10.1080/14681994.2019.1660761>.
- Simon, William, and John H. Gagnon. "Sexual Scripts: Permanence and Change." *Archives of Sexual Behavior* 15, no. 2 (April 1, 1986): 97–120. <https://doi.org/10.1007/bf01542219>.

Chapter 10: It Doesn't Stop Here: A Sexual Growth Mindset

- Dweck, Carol S. *Mindset: The New Psychology of Success*. New York: Ballantine Books, 2006.
- Greenberg, Jared Matt, Kyle P. Smith, Tae Y. Kim, Lancer Naghdechi, and Waguhi William IsHak. "Sex and Quality of Life." In *The Textbook of Clinical Sexual Medicine*, 539–72. Cham: Springer, 2017. https://doi.org/10.1007/978-3-319-52539-6_34.
- Ludden, David. "Managing Your Partner's Expectations When You Need to Say No." *Psychology Today*, April 14, 2022. <https://www.psychologytoday.com/us/blog/talking-apes/202204/how-sexual-growth-mindset-can-improve-your-relationship>.
- McNichols, Nicole K. "Looking to Get Your Sex Life Back on Track? Start with Changing Your Mindset." *Psychology Today*, March 7, 2023. <https://www.psychologytoday.com/us/blog/everyone-on-top/202303/7-ways-to-foster-a-sexual-growth-mindset>.
- Uppot, Akshita, Stephanie Raposo, Natalie O. Rosen, Serena Corsini-Munt, Rhonda Balzarini, and Amy Muise. "Responsiveness in the Face of Sexual Challenges: The Role of Sexual Growth and Destiny Beliefs." *Journal of Sex Research* 61, no. 2 (February 14, 2023): 228–45. <https://doi.org/10.1080/00224499.2023.2175194>.

Sources Used in Multiple Chapters

Books

- Armour, Danielle. *Awaken Your Body, Awaken Your Desire: Using Science to Heal Your Stress and Find Your Sexual Vitality*. Eros & Evidence Publishing, n.d. (**Chapters Three and Four**)
- Hite, Shere. *The Hite Report: A Nationwide Study on Female Sexuality*. New York: Macmillan, 1976. (**Chapters One, Five, and Seven**)
- Mintz, Laurie. *Becoming Cliterate: Why Orgasm Equality Matters—And How to Get It*. New York: HarperCollins, 2017. (**Chapter One and Chapter Five**)

Articles

- American College of Obstetricians and Gynecologists' Committee on Practice Bulletins—Gynecology. "Female Sexual Dysfunction: ACOG Practice Bulletin Clinical Management Guidelines for Obstetrician-Gynecologists, Number 213." *Obstetrics and Gynecology* 134, no. 1 (July 2019): e1–e18. <https://doi.org/10.1097/AOG.0000000000003324>. (**Chapters Three and Six**)
- Dhikav, Vikas, Girish Karmarkar, Richa Gupta, Myank Verma, Ruchi Gupta, Supriya Gupta, and Kuljeet S. Anand. "Yoga in Female Sexual Functions." *Journal of Sexual Medicine* 7, no. 2, pt. 2 (2010): 964–70. <https://doi.org/10.1111/j.1743-6109.2009.01580.x>. (**Chapters Three and Four**)
- Herbenick, Debby, Tsung-Chieh Fu, Jennifer Arter, Stephanie A. Sanders, and Brian Dodge. "Women's Experiences with Genital Touching, Sexual Pleasure, and Orgasm: Results from a U.S. Probability Sample of Women Ages 18 to 94." *Journal of Sex and Marital Therapy* 44, no. 2 (July 5, 2017): 201–12. <https://doi.org/10.1080/0092623x.2017.1346530>. (**Chapters One and Five**)
- Herbenick, Debby, Vanessa Schick, Stephanie A. Sanders, Michael Reece, and J. Dennis Fortenberry. "Pain Experienced During Vaginal and Anal Intercourse with Other-Sex Partners: Findings from a Nationally Representative Probability Study in the United States." *The Journal of Sexual Medicine* 12, no. 4 (February 4, 2015): 1040–51. <https://doi.org/10.1111/jsm.12841>.
- Mallory, Allen B., Amelia M. Stanton, and Ariel B. Handy. "Couples' Sexual Communication and Dimensions of Sexual Function: A Meta-Analysis." *Journal of Sex Research* 56, no. 7 (February 19, 2019): 882–98. <https://doi.org/10.1080/00224499.2019.1568375>. (**Chapters One and Two**)
- Meston, Cindy M., and Amelia M. Stanton. "Understanding Sexual Arousal and Subjective-Genital Arousal Desynchrony in Women." *Nature Reviews Urology* 16, no. 2 (February 2019): 107–20. <https://doi.org/10.1038/s41585-018-0142-6>. (**Chapters Three and Five**)
- Moran, Claire, and Christina Lee. "What's Normal? Influencing Women's Perceptions of Normal Genitalia: An Experiment Involving Exposure to Modified and Nonmodified Images." *BJOG: An International Journal of Obstetrics and Gynaecology* 121, no. 6 (May 2014): 761–66. <https://doi.org/10.1111/1471-0528.12578>. (**Chapters One and Five**)
- OMGYES. "The Science of Women's Pleasure." OMGYES, n.d. <https://www.omgyes.com/> (**Chapters Five and Eight**)
- Stelmar, Jenna, Michael Zaliznyak, Sandeep Sandhu, Dylan Isaacson, Erin Duralde, Shannon M. Smith, Gail A. Knudson, and Maurice M. Garcia. "Anatomic Maps of Erogenous and Aversive Sensation Zones of the Breasts, Vulva, and Vagina: A Questionnaire-Based Study." *Journal of Sexual Medicine* 22, no. 1 (November 20, 2024): 7–13. <https://doi.org/10.1093/jsxmed/qdae143>. (**Chapters Five and Eight**)
- Tabatabaie, Narges Sadat, Fereshteh Rasti Borujeni, Zeinab Tavakol, and Hadi Raeisi Shahraki. "The Effect of Yoga and Pelvic Floor Muscle Exercise on Sexual Function and Sexual Self-esteem of

- Reproductive-age Women: A Randomized Clinical Trial.” *PubMed* 12, no. 3 (July 1, 2024): 188–98. <https://doi.org/10.30476/ijcbnm.2024.101743.2441>. (*Chapters Three and Four*)
- Van Anders, Sari M., Debby Herbenick, Lori A. Brotto, Emily A. Harris, and Sara B. Chadwick. "The Heteronormativity Theory of Low Sexual Desire in Women Partnered with Men." *Archives of Sexual Behavior* 51, no. 1 (2021): 391–415. <https://doi.org/10.1007/s10508-021-02100-x>. (*Chapters One and Three*)
- Waskul, Dennis D., Phillip Vannini, and Desiree Wiesen. "Women and Their Clitoris: Personal Discovery, Signification, and Use." *Symbolic Interaction* 30, no. 2 (April 1, 2007): 151–74. <https://doi.org/10.1525/si.2007.30.2.151>. (*Chapters One and Six*)
- Wetzel, Grace M., Carly Wolfer, Cheryl L. Carmichael, and Diana T. Sanchez. "An Experimental Investigation of Sexual Scripts by Partner Gender: Anticipated Clitoral Stimulation and Partner Orgasm Pursuit Shape Women's Orgasm Expectations." *Archives of Sexual Behavior* 54, no. 6 (June 1, 2025): 2167–84. <https://doi.org/10.1007/s10508-025-03169-4>. (*Chapter One, Seven, and Nine*)
- Wiederman, Michael W. "Women's Body Image Self-Consciousness during Physical Intimacy with a Partner." *Journal of Sex Research* 37, no. 1 (2000): 60–68. <https://doi.org/10.1080/00224490009552021>. (*Chapters Three and Four*)
- Wolfer, Carly, and Cheryl L. Carmichael. "Personal and Perceived Partner Orgasm Pursuit: A Daily Diary Study about the Gendered Orgasm Gap." *Journal of Social and Personal Relationships* 42, no. 6 (February 12, 2025): 1265–90. <https://doi.org/10.1177/02654075251316579>. (*Chapter One, Seven and Nine*)

Personal Correspondence

- Johnson, Suzette (ongoing) Personal correspondence, May 1, 2026 – July 10, 2026 (all medical material across chapters)