

## Resource List: Sexuality and AD/HD

### Sexuality professionals:

Find professionals certified by the American Association of Sexuality Educators, Counselors and Therapists <http://www.aasect.org/directory.asp> Contact therapists in your area to find one who also specialized in ADD.

### Recommended resources on ADHD and Sexuality/Relationships:

#### My blog entries about ADD and sexuality:

<http://embodiedsexuality.blogspot.com/search/label/ADD> The link is updated each time I make a new post with the tag "ADD."

**Hallowell Connections: Thoughts on ADHD and Marriage**, by Dr. Ned Hallowell and Melissa Orlov: <http://www.adhdmarrriage.com>

See especially the ADHD and Marriage blog <http://www.adhdmarrriage.com/blog> and "Joy in Marriages with ADHD" discussion forum: <http://www.adhdmarrriage.com/forums/adhd-marriage-forums/joy-marriages-adhd>

### General sexuality resources:

*The Erotic Mind: Unlocking the Inner Sources of Passion and Fulfillment*, by Jack Morin, Ph.D., about the psychology of eroticism and how ALL emotions (love, connection, and joy *as well as* anger, shame, guilt) contribute to eroticism. Since intense emotions are highly stimulating, I strongly recommend this book. I've probably read it 5 or 6 times already!

<http://www.amazon.com/gp/product/0060984287?ie=UTF8&tag=sexuaembod-20&linkCode=as2&camp=1789&creative=9325&creativeASIN=0060984287>

*The Guide to Getting It On, 6th Edition*, by Paul Joannides, PsyD, an incredible and scientifically accurate guide to almost any question about sexuality. It's a big, fat, information-packed book that I use as a resource guide rather than sitting down to read it from cover-to-cover, but everything between the covers is worth reading. (Pun intended.) Joannides is a huge "sex geek," who is committed to getting his facts straight and dispelling myths.

<http://www.amazon.com/gp/product/1885535333?ie=UTF8&tag=sexuaembod-20&linkCode=as2&camp=1789&creative=9325&creativeASIN=1885535333>

Check out the interview with him in Oprah's magazine:

[http://www.oprah.com/article/omagazine/omag\\_200707\\_get](http://www.oprah.com/article/omagazine/omag_200707_get)

*The Science of Orgasm*, by neuroscientist Barry R. Komisaruk, endocrinologist Carlos Beyers-Flores and sexuality researcher Beverly Whipple. Heavy on the science, from some of the most important

compiled Jan. 2009 by Amy Stapleford, M.Ed.

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<http://embodiedsexuality.blogspot.com>

[email: amystapleford@mindspring.com](mailto:amystapleford@mindspring.com)

sexuality researchers of this generation. Includes a chapter on the effects of anti-depressants on sexuality.

<http://www.amazon.com/gp/product/080188490X?ie=UTF8&tag=sexuaembod-20&linkCode=as2&camp=1789&creative=9325&creativeASIN=080188490X>

***The G Spot: And Other Discoveries about Human Sexuality***, by Alice Khan Ladas, Beverly Whipple, and John D. Perry. Medically accurate information about the diversity of sexual anatomy, orgasm, and pleasure, particularly female. I couldn't put this book down!

<http://www.amazon.com/gp/product/0805077596?ie=UTF8&tag=sexuaembod-20&linkCode=as2&camp=1789&creative=9325&creativeASIN=0805077596>

***Never Have the Same Sex Twice: A Guide For Couples***, by Allison Tyler, a fun and easy-to-read “guide” to keeping an intimate relationship stay spicy over the long-haul, with copious written erotica to illustrate her point. (An “adults-only” book.)

<http://www.amazon.com/gp/product/1573443328?ie=UTF8&tag=sexuaembod-20&linkCode=as2&camp=1789&creative=9325&creativeASIN=1573443328>

***The Ethical Slut: A Guide to Infinite Sexual Possibilities***, by Dossie Easton and Catherine A. Liszt. For those interested in exploring ethical-non-monogamy, this is a good “starter” resource, and one written in a style very readable for those with ADD.

<http://www.amazon.com/gp/product/1890159018?ie=UTF8&tag=sexuaembod-20&linkCode=as2&camp=1789&creative=9325&creativeASIN=1890159018>

***Screw the Roses, Send Me the Thorns: The Romance and Sexual Sorcery of Sadomasochism***, by Philip Miller and Molly Devon. For those interested in intense physical sensations, dominance, submission, and/or role playing, this is a good introductory book to BDSM (Bondage/Discipline, Sadism/Masochism). The BDSM community is also a great resource for learning about how to clearly communicate and negotiate boundaries, whether or not you are “kinky” (into BDSM) or “vanilla” (not).

<http://www.amazon.com/gp/product/0964596008?ie=UTF8&tag=sexuaembod-20&linkCode=as2&camp=1789&creative=9325&creativeASIN=0964596008>

**Comstock Video's Real People, Real Life, Real Sex Series**: a DVD series of real couples (heterosexual, homosexual, bisexual) having real sex, including documentary interviews with the couples. Even Oprah recommends the series! <http://www.comstockfilms.com/> (“Adults-only”)

**“The Health Benefits of Sexual Expression,”** a summary of research about the benefits of sexual activity and all the GREAT reasons to be having sex, alone or with partner(s)

<http://www.plannedparenthood.org/resources/research-papers/sexual-expression-6358.htm>

**“Addicted to Love,”** by Cristian Bodo, [http://nsrc.sfsu.edu/article/addicted\\_love\\_sex\\_addiction](http://nsrc.sfsu.edu/article/addicted_love_sex_addiction)

Articles by Marty Klein, PhD:

● **“Why there's no such thing as sexual addiction, and why it really matters”**

● <http://www.sexed.org/archive/article08.html>

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[email: amystapleford@mindspring.com](mailto:amystapleford@mindspring.com)

●“Are you sexually normal? And does that matter?”

●<http://www.sexed.org/archive/article12.html>

**San Francisco Sex Information**, an information source for almost any sexual question:

Phone (415) 989-SFSI (7374) and website [http://sfsi.org/wiki/Main\\_Page](http://sfsi.org/wiki/Main_Page)

**American Social Health Association**, medically-accurate and up-to-date information on Sexually Transmitted Infections: <http://www.ashastd.org> ASHA also runs a STI Resource Center Hotline: 1-800-227-8922

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