

Sallie Foley, LMSW

734.936.6611 smfoley@umich.edu

Center for sexual healthwww.med.umich.edu/sexualhealth
For appointments call: 734.763.4963

Some suggested resources—More at our website

Sexual health and communication with partner

Foley, S., Kope, S., & Sugrue, D. (2002). Sex matters for women: A complete guide to taking care of your sexual self. NY: Guilford Press.

Gottman, J. (1999). The seven principles for making marriage work. New York: Crown.

Heiman, J., & LoPiccolo, J. (1988). Becoming orgasmic: A sexual growth program for women. New York: Simon & Schuster.

Hutchinson, Marcia. Transforming Body Image: Love the body you have. Crossing Press.

Love, P & Robinson, J. 1995. Hot Monogamy: Essential steps to more passionate, intimate lovemaking. Plume.

McCarthy, Barry & McCarthy, Emily. 2003. Rekindling desire: A step-by-step program to help low-sex and no-sex marriages. NY: Taylor & Francis.

McCarthy, B. & Metz, M. (2008) Men's Sexual Health. NY: Routledge.

Weiner-Davis, Michelle. The sex-starved marriage.

Locating sex therapist in your area:

AASECT (American Association of Sex Educators, Counselors, and Therapists)

www.aasect.org

Menopause/Aging/Hormones

Foley, Sallie. 2005. Sex and Love for Grownups: A no-nonsense guide to a life of passion. Sterling/AARP. In paperback: Modern Love

Collins, J. (2000). What is your menopause type: The revolutionary program to restore balance and reduce discomforts of menopause. Prima Publications.

Prostate Cancer and Sexuality

Alterowitz, R. & Alterowitz, B. 2004. Intimacy with Impotence: Couples guide to better sex. Perseus Books.

Pain

Sternbach, R. (1995). Mastering pain: A twelve-step program for coping with chronic pain. New York: Ballantine Books.

Sex Toys/Videos/Internet (lubrication list at our website):

So many vibrators and impossible to choose? For insertible--Try battery-operated (standard batteries) and waterproof. Stay with hard plastic for insertible. See our website for details about vibrators and sex toys. Two good companies are:

www.goodvibes.com (women owned) Good vibes donates portion of profits to breast cancer research. Does not sell cookie computer or sell mailing list.

Toys in Babeland (women owned) Does not cookie computer or sell mailing list.

(800) 658-9119

www.babeland.com