

SEXUALLY SPEAKING WITH SHANNON

RESOURCES

BOOKS

Come As You Are
Workbook and/or book
by Emily Nagoski

Mating in Captivity
by Esther Perel

How to Do the Work
by Dr. Nicole Lepera

Goddesses Never Age
by D.r Christiane Northrup

Polysecure: Attachment, Trauma, & Consensual Nonmonogamy
by Jessica Fern

The Road Back to You: An Enneagram Journey to Self-Discovery
by Ian Morgan Cron & Suzanne Stabile

The Wisdom of Menopause by Dr. Christiane Northrop

Sexually Woke by Dr. Susan Hardwick-Smith

Woman Code by Alisa Vitti, HHC

Codependent No More by Melodie Beattie

PODCASTS

Owning Your Sexual Self
Where Should We Begin
That Sex Chick
The Happy Menopause
Empowering Midlife Wellness

YOUTUBE & WEBSITES:

Sexplanations
Typology: Ian Morgan Cron
Amaze.org - Great for Sex Ed for Kids!
Thatsexchick.com
Completemidlifewellnesscenter.com

THERAPISTS

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