

Couples and Sexuality Resources

General Relationship/Attachment

- *Hold Me Tight: Seven Conversations for a Lifetime of Love* by Sue Johnson, PhD
- *The Seven Principles for Making Marriage Work* by John Gottman, PhD.
- *The Power of Attachment: How to Create Deep and Lasting Intimate Relationships* by Diane Poole Heller Ph.D

Sexuality

- *Come as You Are* by Emily Nagoski
- *She Comes First* by Ian Kerner, LMFT, PhD
- *Mating in Captivity: Unlocking Erotic Intelligence* by Esther Perel, PhD.
- *Things Your Mother Never Told You: A Woman's Guide to Sexuality* by Kim Gaines Eckert, PhD.

Infidelity and Affairs

- *The State of Affairs: Rethinking Infidelity* by Esther Perel, PhD.