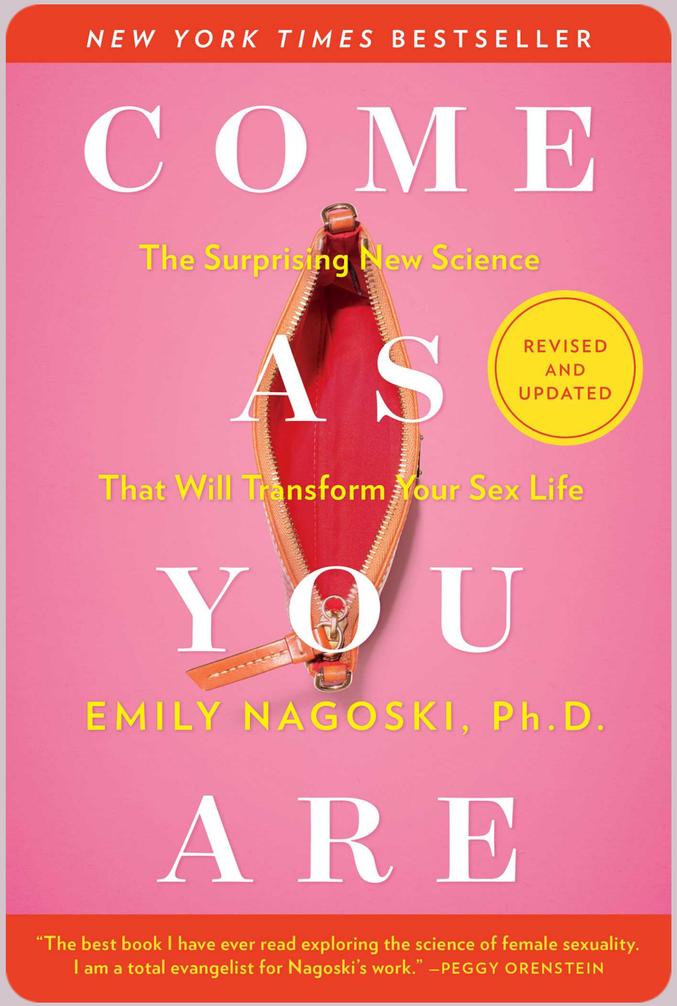
Secure Connections LLC

A PSYCHOTHERAPY PRACTICE

SEX THERAPY BOOK RECOMMENDATIONS

Last Updated: 2026

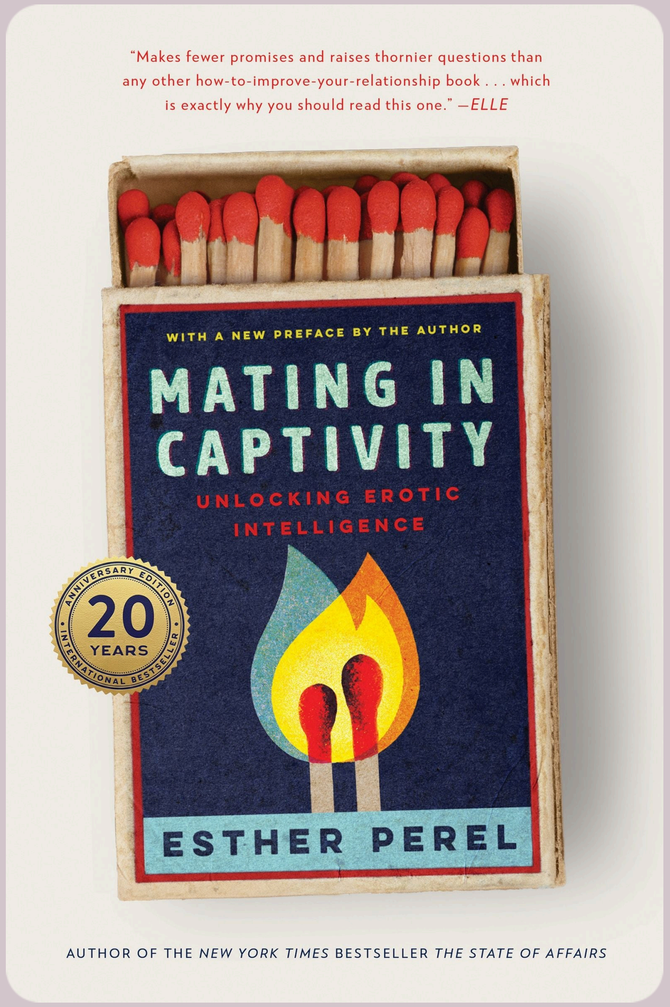


COME AS YOU ARE

The Surprising New Science That Will Transform Your Sex Life

Emily Nagoski, PhD

Nagoski explains how sexual desire and arousal are shaped by context, stress, relationships, and the brain's "accelerator and brakes." The book is especially helpful for understanding why desire varies so much from person to person and why there is no single "normal" way to experience sexuality.

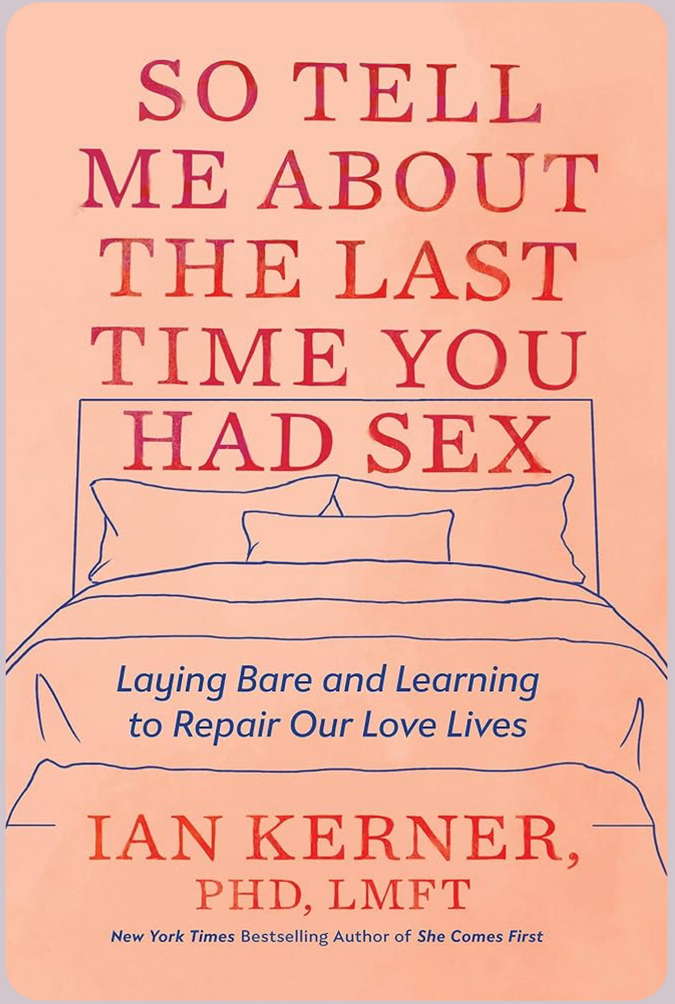


MATING IN CAPTIVITY

Unlocking Erotic Intelligence

Esther Perel

Perel explores the tension between emotional security and erotic desire in long-term relationships. She examines how familiarity, routine, and closeness can sometimes dampen erotic energy, and how couples can make room for curiosity, novelty, and individuality without sacrificing connection.

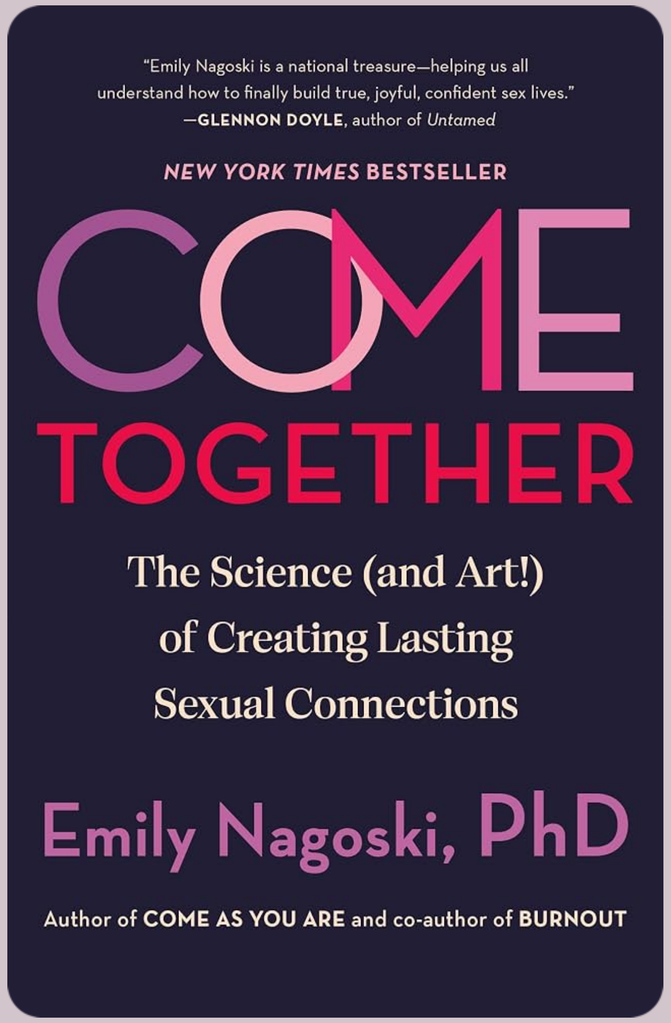


SO TELL ME ABOUT THE LAST TIME YOU HAD SEX

Laying Bare and Learning to Repair Our Love Lives

Ian Kerner, PhD, LMFT

Kerner uses the details of a couple's most recent sexual encounter to uncover patterns in desire, communication, initiation, avoidance, and connection. The book offers a practical way to understand what is happening sexually in a relationship and how couples can begin repairing unsatisfying or disconnected sexual patterns.

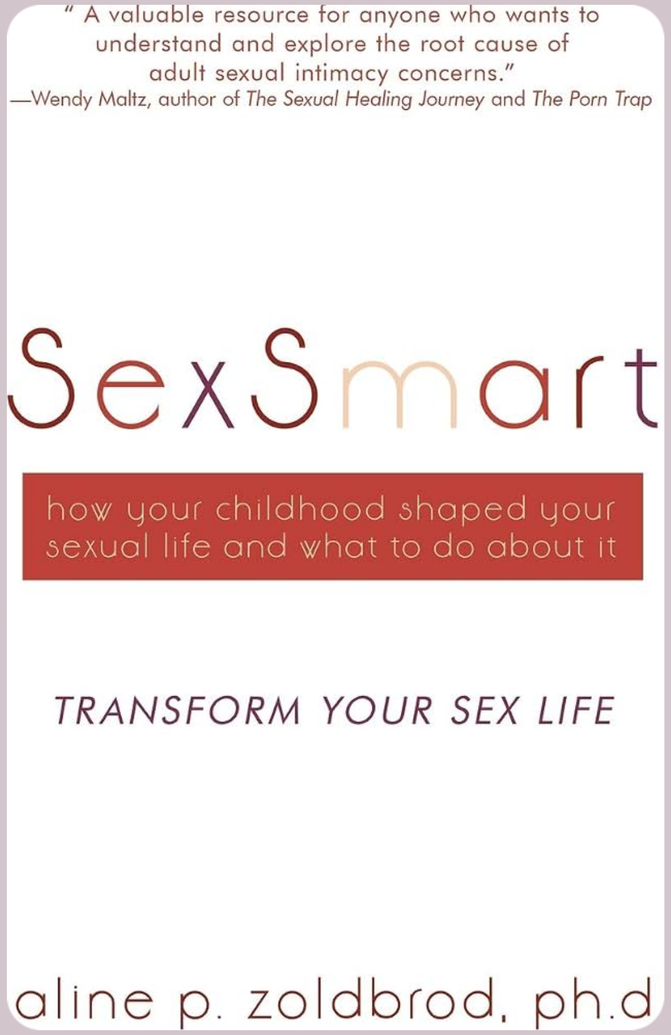


COME TOGETHER

The Science (and Art!) of Creating Lasting Sexual Connections

Emily Nagoski, PhD

Nagoski focuses on what helps couples maintain a satisfying sexual connection over time rather than simply increasing frequency or spontaneity. The book emphasizes context, pleasure, emotional safety, and creating conditions that make sexual connection more accessible and meaningful.

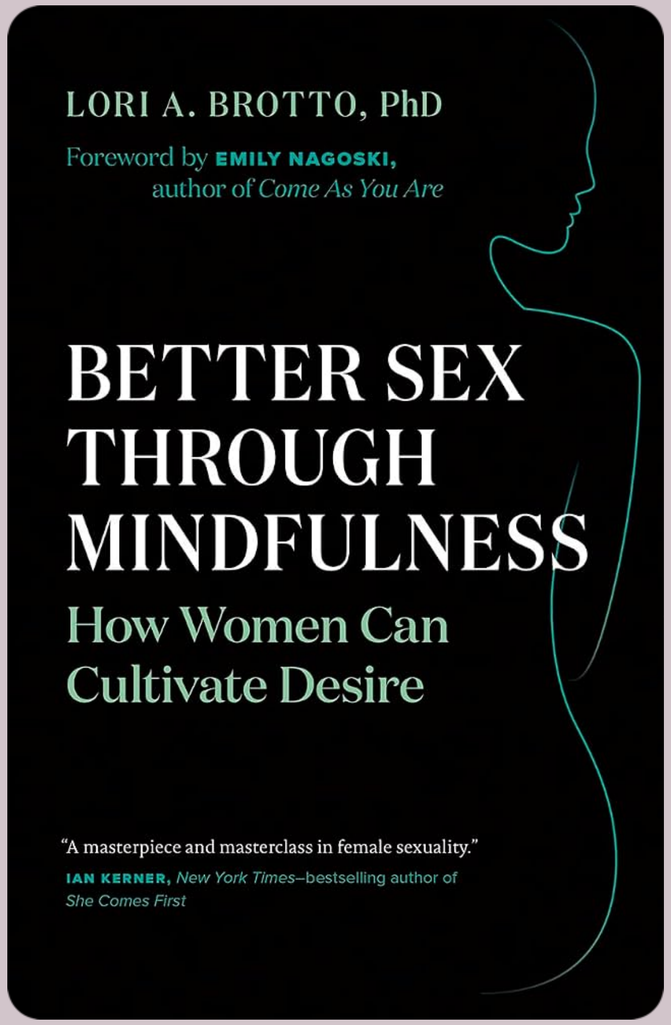


SEXSMART

How Your Childhood Shaped Your Sexual Life and What to Do About It

Aline P. Zoldbrod, Ph.D

Zoldbrod explores how childhood experiences, family messages, attachment, boundaries, and early learning can influence adult sexuality. She helps readers identify old patterns and develop a healthier, more intentional relationship with intimacy, desire, and sexual expression.

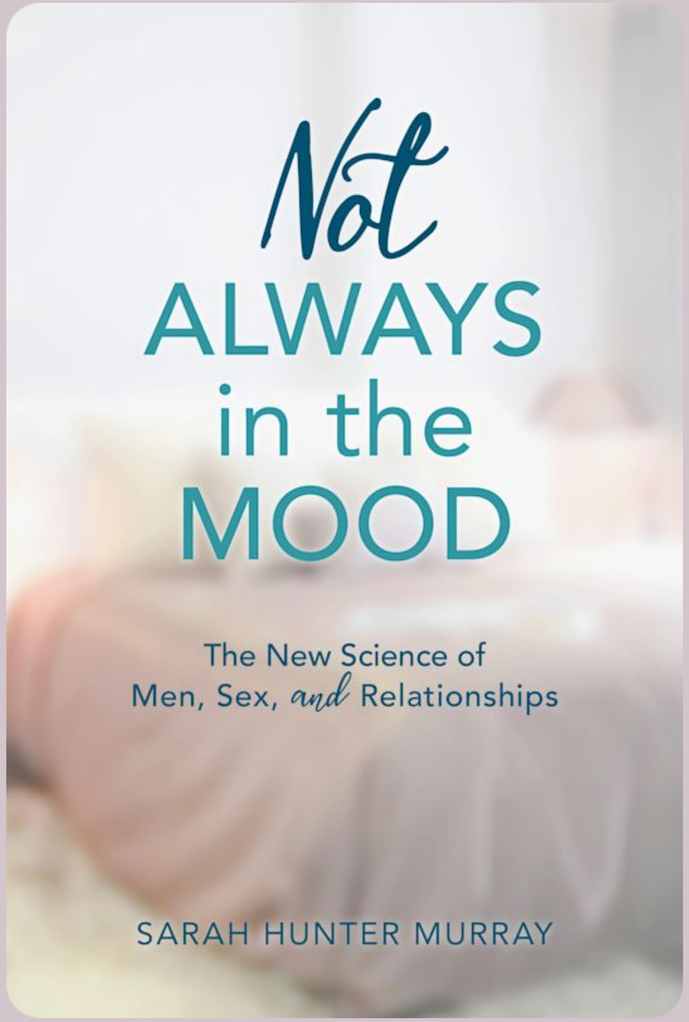


BETTER SEX THROUGH MINDFULNESS

How Women Cultivate Desire

Lori A. Brotto, PhD

Brotto explains how mindfulness can help reduce distraction, anxiety, self-judgment, and disconnection during sexual experiences. Drawing on research and clinical practice, she offers exercises designed to increase body awareness, presence, desire, and sexual well-being.

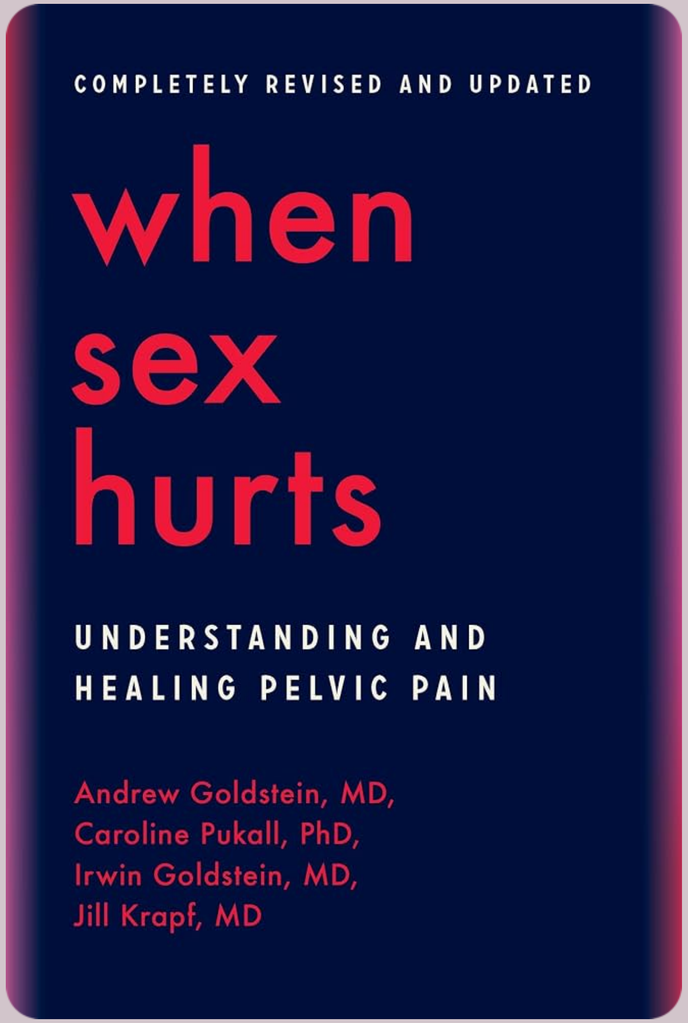


NOT ALWAYS IN THE MOOD

The New Science of Men, Sex, and Relationships

Sarah Hunter Murray

Murray challenges common assumptions that men always want sex, initiate sex, or experience desire in simple and predictable ways. The book explores how men's sexual desire is affected by emotional connection, stress, rejection, relationship dynamics, and the need to feel wanted.

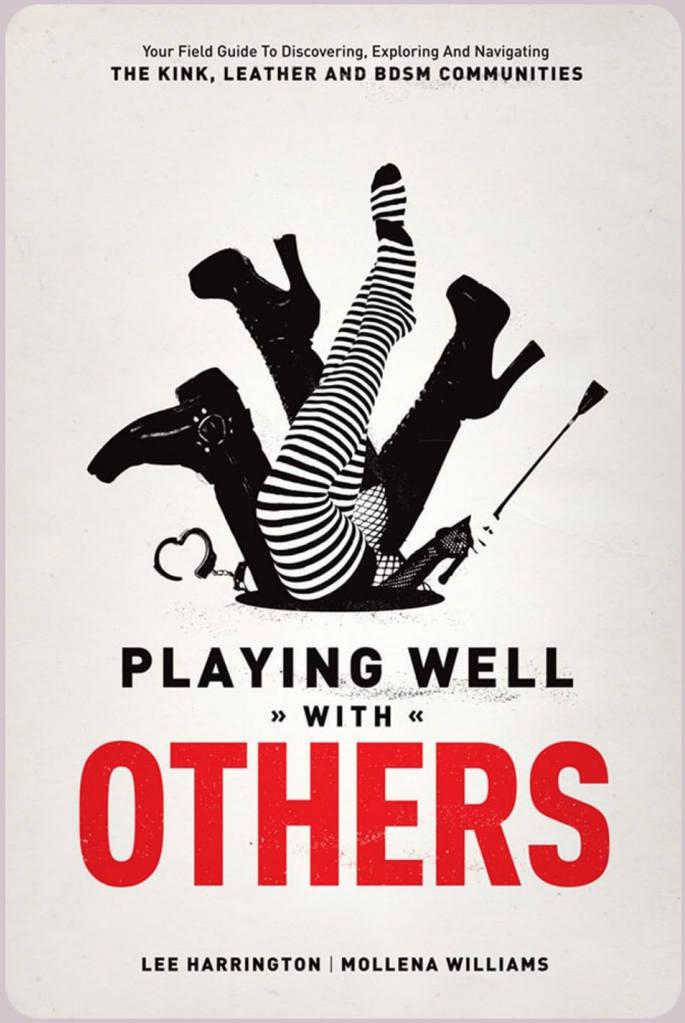


WHEN SEX HURTS

Understanding and Healing Pelvic Pain

Andrew Goldstein, MD, Caroline Pukall, PhD, Irwin Goldstein, MD, & Jill Krapf, MD

This book provides an accessible overview of the many medical, muscular, hormonal, neurological, and psychological factors that can contribute to painful sex. It also discusses evaluation and treatment options, helping readers understand that pelvic pain is real, complex, and often treatable.

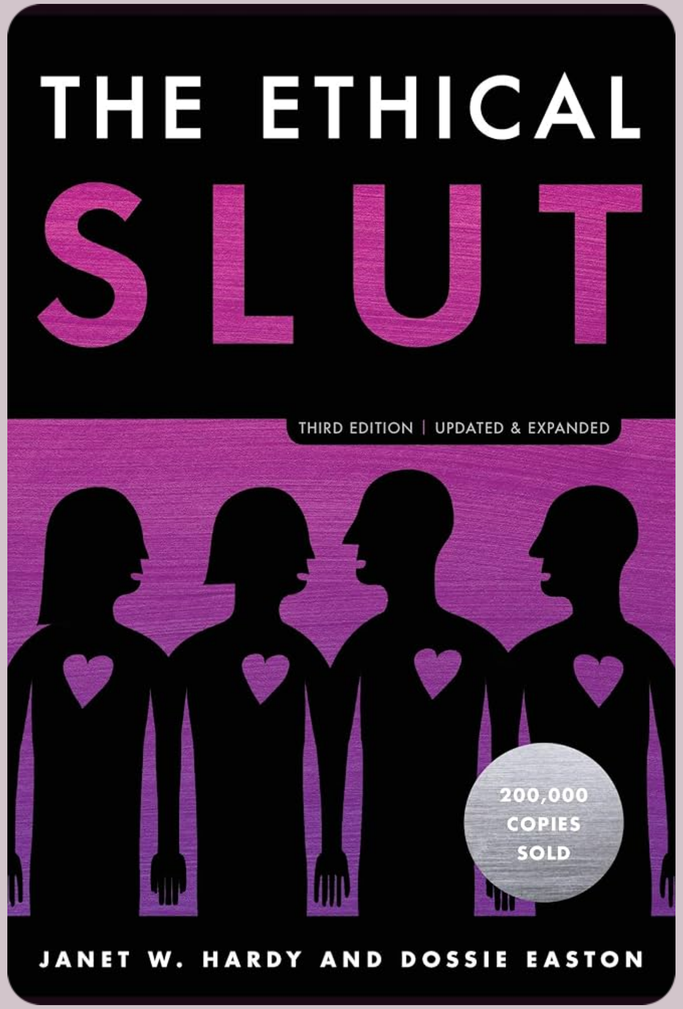


PLAYING WELL WITH OTHERS

Your Field Guide to Discovering, Exploring and Navigating the Kink, Leather and BDSM Communities

Lee Harrington & Mollena Williams

Harrington and Williams offer a practical introduction to kink, leather, and BDSM communities, including terminology, etiquette, communication, consent, and community norms. It is written as a guide for people who are curious about entering these spaces respectfully and safely.



THE ETHICAL SLUT

A Practical Guide to Polyamory, Open Relationships, and Other Freedoms in Sex and Love

Janet W. Hardy & Dossie Easton

This book explores consensual nonmonogamy, polyamory, open relationships, jealousy, boundaries, communication, and sexual autonomy. Its central focus is on building relationships based on honesty, consent, self-awareness, and respect rather than assuming monogamy is the only healthy relationship structure.