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SEXUAL HEALTH

Even though sexuality is an important part of the human experience, we often feel uncomfortable discussing these issues. Here are a few resources if you're interested in beginning to explore your sexual health. I don't endorse any specific treatment or guidance presented in the following, but I look forward to discussing any insight or ideas you gain from these resources.

[Books on Sexual Health](#) from the International Society for the Study of Women's Sexual Health.

[Sexuality resource center](#) focused on women's sexual health. There is a large array of products as well as online reviews, how-to demonstrations, etc.

Although there has been other inaccurate information promoted on Goop, the Goop Lab produced a good episode and compiled [resources](#) on sex and pleasure.