

SEXUAL HEALTH NOVA SCOTIA'S 50 RECOMMENDED READS



WWW.SHNS.CA

Provincial Coordinator's Office
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Sexual Health Nova Scotia presents its list of 50 recommended reads on sexual and reproductive health, in celebration of Sexual & Reproductive Health Awareness Week 2019.

Our network of sexual health educators suggested these non-fiction books as inclusive, informative sources of information on various topics related to sex, gender, orientation, pleasure, politics, and safety.

Check out the special section on Sexual Health at All Ages in honour of the theme of this year's SRH Week!

This list is not conclusive! Contact any SHNS member-centre for more recommendations and resources, or visit www.shns.ca.

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Halifax Sexual Health Centre
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279 Foord Street, PO Box 1803
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Sheet Harbour Sexual Health Centre
22637 Hwy 7, PO Box 211
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Jeannette Auger & Kate Krug
Under the Rainbow: A Primer on Queer Issues in Canada
Fernwood Publishing, 2014

Kate Bornstein & S. Bear Bergman
Gender Outlaws: The Next Generation
Seal Press, 2010

Alex Comfort
The Joy of Sex: The Ultimate Revised Edition
Harmony, 2009

Ivan Coyote & Rae Spoon
Gender Failure
Arsenal Pulp Press, 2014

James Dawson
This Book Is Gay
Sourcebooks Fire, 2015

Qwo-Li Driskill, Daniel Heath Justice & Deborah Miranda
Sovereign Erotics: A Collection of Two-Spirit Literature
University of Arizona Press, 2011

Dossie Easton & Janet W. Hardy

The Ethical Slut: A Practical Guide to Polyamory, Open Relationships & Other Adventures 3rd Edition

Potter, 2017

Laura Erickson-Schroth

Trans Bodies, Trans Selves: A Resource for the Transgender Community

Oxford University Press, 2014

Jaclyn Friedman & Jessica Valenti

Yes Means Yes!: Visions of Female Sexual Power and A World Without Rape

Seal Press, 2008

Roxane Gay

Bad Feminist: Essays

Harper Perennial, 2014

Kate Harding

Asking for It: The Alarming Rise of Rape Culture--and What We Can Do About It

De Capo Lifelong Books, 2015

Mel Reiff Hill, Jay Mays & Robin Mack

the GENDER book

Marshall House Press, 2013

Lindsay King-Miller

Ask a Queer Chick: A Guide to Sex, Love, and Life for Girls Who Dig Girls

Plume, 2016

Audre Lorde

Sister Outsider: Essays and Speeches

Crossing Press, 2007

Morgan Mann Willis

Outside the XY: Black and Brown Queer Masculinity

Riverdale Avenue Books, 2016

Cindy M. Meston & David M. Buss

Why Women Have Sex: Women Reveal the Truth About Their Sex Lives, from Adventure to Revenge (and Everything in Between)

St. Martin's Griffin, 2010

Robin Metcalfe



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OUT: Queer Looking Queer Acting Revisited

Khyber Centre for the Arts, 2014

Janet Mock

Redefining Realness: My Path to Womanhood, Identity, Love & So Much More

Atria Books, 2014

Allison Moon & kd diamond

Girl Sex 101

Lunatic Ink, 2015

Jack Morin

Anal Pleasure and Health

Down There Press, 2008

Emily Nagoski

Come as You Are: The Surprising New Science that Will Transform Your Sex Life

Simon & Schuster, 2015

Scott Neigh

Gender and Sexuality: Canadian History Through the Stories of Activists

Fernwood Publishing, 2012

Sonya Renee Taylor

The Body is Not an Apology: The Power of Radical Self-Love

Berrett-Koehler Publishers, 2018

Mary Roach

Bonk: The Curious Coupling of Science and Sex

W.W. Norton & Company, 2009

Christopher Ryan

Sex at Dawn: The Prehistoric Origins of Modern Sexuality

Harper, 2010

Randy Shilts

And the Band Played On: Politics, People, and the AIDS Epidemic

St. Martin's Griffin, 2007

Cory Silverberg, Fran Odette & Miriam Kaufman

The Ultimate Guide to Sex and Disability: For All of Us Who Live with Disabilities, Chronic Pain and Illness

Cleis Press, 2007



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Shannon Stettner
Without Apology: Writings on Abortion in Canada
AU Press, 2016

Tristan Taormino
Opening Up: A Guide to Creating & Sustaining Open Relationships
Cleis Press, 2008

Tristan Taormino
The Ultimate Guide to Kink: BDSM, Role Play and the Erotic Edge
Cleis Press, 2012

Tristan Taormino, Constance Penley & Celine Perrenas Shimizu
The Feminist Porn Book: The Politics of Producing Pleasure
The Feminist Press at CUNY, 2013

Kaleigh Trace
Hot, Wet and Shaking: How I Learned to Talk About Sex
Invisible Publishing, 2014

Jessica Valenti
Sex Object
HarperCollins, 2016

Franklin Veaux & Eve Rickert
More than Two: A Practical Guide to Ethical Polyamory
Thorntree Press, 2014

Lindy West
Shrill
Hachette Books, 2016

Sexual Health at All Ages!

Loryn Brantz
Feminist Baby
Disney, 2017

Armin A. Brott & Jennifer Ash
The Expectant Father: The Ultimate Guide for Dads-to-Be
Abbeville Press, 2015

Heather Corinna
S.E.X.: The All-You-Need-To-Know Sexuality Guide to Get You Through Your Teens and Twenties



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De Capo Lifelong Books, 2016

Susan Goldberg & Chloe Brushwood Rose

**And Baby Makes More: Known Donors, Queer Parents, and Our
Unexpected Families**

Insomniac Press, 2010

Nikol Hasler

Sex: A Book for Teens

Zest Books, 2010

Jessica Herthel & Jazz Jennings

I Am Jazz

Dial Books, 2014

Jazz Jennings

Being Jazz: My Life as a (Transgender) Teen

Crown Books for Young Readers, 2016

Susan Kuklin

Beyond Magenta: Transgender Teens Speak Out

Candlewick, 2015

Danielle Owens-Reid & Kristin Russo

**This Is a Book for Parents of Gay Kids: A Question & Answer Guide
to Everyday Life**

Chronicle Books, 2014

Joan Price

The Ultimate Guide to Sex After 50

Cleis Press, 2015

Cory Silverberg & Fiona Smyth

What Makes a Baby

Triangle Square, 2013

The Boston Women's Health Book Collective

Our Bodies, Ourselves: Menopause

Touchstone, 2006

the pregnancy experts at the Mayo Clinic

**Mayo Clinic Guide to a Healthy Pregnancy: From Doctors Who Are
Parents, Too!**

De Capo Lifelong Books, 2011

Jessica Valenti



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The Purity Myth: How America's Obsession with Virginity is Hurting Young Women

Seal Press, 2009

Al Vernacchio

For Goodness Sex: Changing the Way We Talk to Teens About Sexuality, Values, and Health

Harper Wave, 2014



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