



## Dr. Watson's Favorite Sex Books and Podcasts!

Check these out by yourself or share them with your partner.

### **Books**

[Come As You Are](#) by Emily Nagoski, PhD

[Better Sex Through Mindfulness: How Women Can Cultivate Desire](#) by Lori Brotto, PhD

[The Better Sex Through Mindfulness Workbook: A Guide to Cultivating Desire](#) by Lori Brotto, PhD

[Sex Talks: The Five Conversations That Will Transform Your Love Life](#) by Vanessa Marin, LMFT

[Sensate Focus in Sex Therapy: The Illustrated Manual](#) by Linda Weiner

[She Comes First: The Thinking Man's Guide to Pleasuring a Woman](#) by Ian Kerner, PhD

[Passionista: The Empowered Woman's Guide to Pleasuring a Man](#) by Ian Kerner, PhD

[The State of Affairs: Rethinking Infidelity](#) by Esther Perel

[Mating in Captivity: Unlocking Erotic Intelligence](#) by Esther Perel

### **Podcasts:**

[Where Should We Begin? with Esther Perel](#)

[Pleasure Mechanics Podcast](#)

[Foreplay Radio](#)