

Sexual Sanity Reading List and Website Resources

CapChurch January 2009 series

Sexual Sanity In A Sex-Obsessed Culture

Compiled by Mike Nichols, co-pastor of CapChurch

For Parents To Use With Their Children Under The Age Of 8

Boys, Girls & Body Science: A First Book about Facts of Life by Meg Hickling and Kim LaFave (Oct 1, 2002) – Illustrated.

The New Speaking Of Sex: What Your Children Need To Know And When They Need To Know It by Meg Hickling. With sensitivity, honesty, and a good deal of humour, Meg Hickling addresses the real questions she has been asked during her 20-plus years spent working with children of all ages. Her vision and influence have earned her many awards including The Canadian Home and School Federation's Health Award, and most notably The Order of British Columbia, and The Order of Canada

Me and My Amazing Body by Joan Sweeney *Random House, Inc / 2000*. What is under your skin? Why do you have bones? What do your muscles do? Where does the food that you eat go?

Me and My Amazing Body can show you! From your head to your toes and everything in between, this playful introduction to anatomy explains all the important parts of your body. Easy to read and easy to understand, *Me and My Amazing Body* helps children appreciate everything their amazing bodies can do.

For Parents To Understand Body Image Issues For Teen Girls

When Girls Feel Fat: Helping Girls Through Adolescence by Sandra Susan Friedman For most girls, it's impossible to grow up without ever "feeling fat." Even for very young girls, it is common to express the ups and downs of life in terms of body image - translating real events into the language of fat, repressing feelings and losing one's sense of self. Therapist Sandra Susan Friedman explains how to hear what girls really mean when they say they "feel fat" and provides parents, teachers and caregivers with practical ways to help girls navigate the turbulent waters of adolescence.

The Care & Keeping of You: The Body Book for Girls; (American Girl Library) by Valorie Schaefer. This best-selling guide answers all the questions growing girls have about their bodies - from hair care to healthy eating, bad breath to bra buying, pimples to periods. It offers guidance about basic hygiene and health without addressing issues of sexuality.

Deal with It! A Whole New Approach to Your Body, Brain, and Life as a gURL by Esther Drill, Heather McDonald, and Rebecca Odes. This book has every possible description of STD's, puberty changes, etc etc....its pretty explicit and really more a healthy sexuality book for teen girls...but is an amazing resource book

For Singles

Flying Solo: Single Women in Midlife (Paperback) by Carol M. Anderson, Susan Stewart, Sona Dimidjian. Family therapist Anderson and her coauthors chronicle the ups (mostly) and downs (minimized) of 40- to 45-year-old single women in a manner intended to evoke cheers. Based on a two-year study of 87 women, their book details, the gift of going solo, and in the middle, destroying the myths of spinster-ship, overcoming divorce and the never-married syndrome, exchanging fantasies for real-life dreams, dealing with relationships, and managing the chores of everyday living. Their positive outlook is contagious and obliterates the contention that single women over 40 have less chance to marry than to be taken hostage by a terrorist

Revelations of a Single Woman: Loving the Life I Didn't Expect by Connally Gilliam A little bit debutante and a little bit granola chick; a little bit pump and a little bit Birkenstock—that's Connally Gilliam: a confident, bright, and unintentionally single woman. On these pages, you'll find her candid struggles to make sense of our many fragmented selves, the expectations we've met and failed, and the feeling that sometimes we're "the remainder" in a couples' world. Through Connally's poignant and often humorous experiences, you'll get a taste of the abundance that God promises, even when life takes us down a path we didn't plan for.

Real Sex: The Naked Truth About Chastity by Lauren F. Winner. Splashed across magazine covers, billboards, and computer screens--sex is casual, aggressive, and absolutely everywhere. And everybody's doing it, right? In *Real Sex*, heralded young author Lauren F. Winner speaks candidly to Christians about the difficulty--and the importance--of sexual chastity. With honesty and wit, she talks about her struggle to live a celibate life. Never dodging tough terms like "confession" and "sin," Winner grounds her discussion of chastity first and foremost in Scripture. She confronts cultural lies about sex and challenges how we talk about sex in church. Her biblically grounded observations and suggestions will be especially valuable to unmarried Christians struggling with the sexual mania of today's culture. *Real Sex* is essential reading for Christians grappling with chastity

For Sexual Identity And Sexual Orientation Issues

When Homosexuality Hits Home: What to Do When a Loved One Says They're Gay; by Joe Dallas *Harvest House Publishers / 2004*. Your loved one has "come out" to you. Now what? Understand the causes of homosexuality and the struggles your relative has faced and even strengthen your relationship as an expert explains how to blend compassion and conviction, *When Homosexuality Hits Home*. Includes recommended reading and resources.

Desires in Conflict by Joe Dallas *Desires in Conflict* is important reading not only for those that struggle with their sexual identity, but for anyone who cares about a family member or friend struggling with homosexuality.

For Cohabiting Couples And Sexually Active Non-Cohabiting Couples

The Case for Marriage: Why Married People Are Happier, Healthier, and Better Off Financially by Linda Waite and Maggie Gallagher. After sifting through the evidence and conducting their own studies, the authors conclude that neither cohabitation nor swinging singledom are all they're cracked up to be. These authors cite the steady rise in divorce and in cohabitation, unwed parenthood, and the perception among some of marriage as a tradition. The authors combat every negative myth regarding marriage--that it imprisons women or provides the context for abuse--with statistics showing its benefits: married people live longer, are healthier, have greater wealth and happiness, have sex more often, and provide a healthier, happier environment in which to raise children.

Before You Live Together by David R. Gudgel. Will Living Together Bring You Closer-or Drive You Apart? You're about to make a decision that will take your life in a totally new direction--one that will have a lasting impact on you and someone you love. If you're wrestling with that decision, that's all to the good, because now is a time to sort through your own feelings, as well as other people's opinions about what's best for you. While this book presents biblical values in a compelling and loving way, it never lectures, but instead seeks to help you decide what is best for both of you.

Happily Un-Married: Living Together And Loving It. By John Curtis. The strategies in this book can be successfully applied to a new romance where the couple is just thinking about cohabitating, a newly cohabitating couple who want to maintain the relationship, as a possible stepping-stone to marriage, or a long-term cohabitating couple who want to strengthen their relationship but never plan to marry. This book provides a clear, step-by-step method to use winning business strategies to create a winning live-in relationship. Dr. Curtis is a consultant, researcher, trainer and author with 25 years experience. His education includes a B.A. in Education, a Masters in Counseling and a Ph.D. in Human Resource Development. John was a full-time marriage and family counselor and clinical member of the American Association for Marriage and Family Therapy. John is married with two children and two grandchildren.

For Mature Couples

Passionate Marriage: Keeping Love and Intimacy Alive in Committed Relationships by David Schnarch. People joke that the start of a couple's marriage means the end of their sex life. Schnarch, helps readers defy the myth that marriages are necessarily passionless, and instead proves that the longer a couple has been together, the higher the fireworks can fly. Aimed at older couples this inspiring book to combines elements of marriage therapy and sex therapy to bring plenty of practical, fresh ideas to couples.

Schnarch says that a man is more likely to let a relationship suffer in order to hold on to his sense of self, while a woman is more apt to let her identity suffer to help strengthen it. Schnarch gives explicit tips on how to alter this pattern. He also explains why compromise isn't always the best route to take when conflicts arise. The couples profiled here deal with the usual suspects: uneven sexual desire and initiation, battles about oral sex, self-image problems, the "boondoggle" of trust (both of one's self and one's partner), and the specter of divorce. Instead of focusing on each client's weaknesses, Schnarch teaches how to find inner strength and resilience that can be used to reaffirm a relationship and reignite sex. William H. Masters of Masters and Johnson fame calls this book "a classic".

For Engaged and Married Couples

Getting Your Sex Life Off to a Great Start by Clifford L. Penner, Joyce J. Penner. In *Getting Your Sex Life Off to a Great Start*, sexual counselors Clifford and Joyce Penner guide you through a process that begins by dispelling myths and then guides you in getting to know yourself and each other emotionally and physically. As your wedding day nears - or even if you're already newlyweds - this extraordinary book will help you get your sex life off to a great start. *Thomas Nelson / 1994*

Sex for Christians, Revised by Lewis B. Smedes *Wm. B. Eerdmans Publishing Co.* "Smedes sets the standard for Christian sexual ethic today,"---**Christianity Today**. Frank, open-minded, thoroughly biblical view of some of the toughest issues. Updated to deal with cohabitation, homosexuality, and "safe sex."

The Gift of Sex: A Guide to Sexual Fulfillment By Clifford L. Penner, Joyce J. Penner *Thomas Nelson / 2003*. It's harder than it looks on the movie screen! Satisfaction eludes many couples in the bedroom, but with solid, biblical advice, you can experience the gift that sex is meant to be. Guidance on anatomy and physical dysfunction, communication and techniques make this manual ideal for newlyweds or long-married pairs. Includes illustrations and exercises for married couples.

Good reading for 16 to 96

Theology of the Body for Beginners By: Christopher West *Ascension Press / 2007*. What is the "Theology of the Body"? According to Pope John Paul II, if we live according to the true meaning of our sexuality, we "fulfill the very meaning of [our] being and existence." The human body is a "theology" because it is meant to be a sign of God's own life and love in the world. With clarity and precision, Christopher West unpacks John Paul II's *Theology of the Body*, translating it into a language everyone can understand.

Academic/ Theological

Authentic Human Sexuality: An Integrated Christian Approach by Judith K. Balswick, Jack O. Balswick *IVP Academic / 2008*. Written by a husband-and-wife team of seminary professors, this standard text provides a sociological, psychological, and theological overview that distinguishes "authentic" expressions of sexuality from "inauthentic" forms such as sexual abuse, harassment, pornography, and rape. Includes updated bibliographies; a new chapter on lifelong sexual development; and revised discussions on relationships from a Trinitarian theological perspective. 328 pages, The non-academic version by these authors is **A Model for Marriage: Covenant, Grace, Empowerment and Intimacy**.

On the Body: A Contemporary Theology of Sexuality by Carlo Maria Martini *The Crossroad Publishing Co. / 2001*. The Archbishop of Milan, a much-sought-after convention speaker, has a special rapport with youth. In this well-considered work, he draws on Scripture, the writings of John Paul II, and contemporary science to give you an overview of historic Christianity's views on the human body and our sexual identity. 128 pages, softcover.

Embodiment: An Approach to Sexuality and Christian Theology by James, B. Nelson. Addressing the theological implications of human sexuality, this comprehensive and imaginative treatment sets both traditional and unconventional sexuality issues within context of God's fulfilling grace. A book for pastors and counselors who wish to think constructively about human sexuality. James B. Nelson is Professor of Christian Ethics at United Theological Seminary of the Twin Cities. He has a Ph.D. from Yale University.

Websites Of Interest On Homosexuality And The Bible With Non-Traditional Approaches

1. For Christian Parents of children with alternate sexual lifestyles (an Adventist site): <http://www.someone-to-talk-to.net/>
2. Paul Cahill: Thought-provoking general overview <http://www.sisterfriends-together.org/an-investigation-into-the-bible-and-homosexuality/>
3. Bruce L. Gerig: thorough research <http://epistle.us/hbarticles/clobber1.html> 1 Corinthians and 1 Timothy last half of article)

Websites Of Interest On Cohabitation

1. The verdict on cohabitation vs. marriage: <http://marriageandfamilies.byu.edu/issues/2001/January/cohabitation.aspx>
2. Cohabitation facts and stats: <http://marriage.about.com/od/cohabitation/qt/cohabfacts.htm>
3. Cohabitation: Issues That Affect Intimacy: <http://psychcentral.com/lib/2008/cohabitation-issues-that-affect-intimacy/>

Websites Of Interest On Body Image

1. Body image: <http://www-health.concordia.ca/pdf/healthinfo/bodyimage.pdf>

Websites Of Interest On Body Theology

1. http://findarticles.com/p/articles/mi_qa3783/is_200301/ai_n9185881
2. <http://www.christopherwest.com/works.asp>

Websites Of Interest On Singleness

1. <http://www.selfhelpmagazine.com/articles/growth/single.html>
2. Note the free articles at bottom of the page on this site for the Relationship Institute. <http://www.relationship-institute.com/singleresources.cfm>
3. From Singleshelp.org: <http://www.singleshelp.org/resources.html>