

Resource Guide



**This ultimate guide is designed to help you
understand self-care better and the resources
available to you**

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THE IMPORTANCE OF SELF-CARE

Self-care is defined as preserving one's wellbeing by protecting their physical, mental, and spiritual health.

Practicing self-care helps to



Manage stress

Lower your risk to illness



Increase energy



SELF-CARE CAN TAKE MANY DIFFERENT FORMS



GROUNDING TECHNIQUES

Grounding techniques are a form of self-care that can be used to manage symptoms of trauma by focusing on the present moment. They can help to cope with anxiety, flashbacks, and uncomfortable thoughts, emotions, and memories. They have been shown to improve mood, stress, symptoms of posttraumatic stress disorder (PTSD), and overall wellbeing.

Grounding techniques can be divided into three categories: Physical, Mental, & Soothing



Physical



Soothing



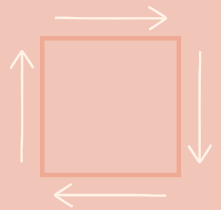
Mental

PHYSICAL GROUNDING TECHNIQUES

These techniques focus your awareness on your body and senses. Physical grounding techniques are recommended when experiencing anxiety, dissociation, or feeling disconnected from your body.

Box Breathing

Used to slow down breathing and improve concentration
Inhale to a count of 4, hold to a count of 4, exhale to a count of 4,
hold for a count of 4
Repeat as many times as you wish
Adjust by using a number that feels right for you



Stretch

Slowly roll your head from left to right
Begin relaxing your muscles starting that the top of your head to
the bottom of your toes
Do what feels right for you

Move your body

Practice yoga, jump up and down, jog in place
Go for a small walk, notice the nature and sound around you



PHYSICAL GROUNDING TECHNIQUES



Tense and release exercises

Press your feet firmly onto the ground. Wiggle and curl your toes

Clench your fists for 15 seconds before releasing. Repeat as many times as you wish

Notice any sensations

Place your hands under running water

Switch between cool and warm water

Notice the different sensations



Touch the objects around you

Touch something soft, smooth, or rough

What does it feel like against your hand? What is it made of?

Describe the texture.

Is it light or heavy? Does it feel cool or warm?

SOOTHING GROUNDING TECHNIQUES

The techniques focus our body and mind on relaxation. Soothing grounding techniques help to create a sense of safety and comfort.

Say kind things to yourself

Make dedicated time each day to recite a positive affirmaton



Write kind notes to yourself

Write your younger self a message you needed to hear, write about your acheivements



Use objects that stimulate your 5 senses

Light a candle, use essential oils, have a warm cup of tea, wear your favourite sweater or fuzzy socks, have a hot shower or bubble bath



Think of your favourite things

Your favourite people, animals, songs, movies, seasons, etc.



Give yourself a hug

Hold yourself for two minutes, consider repeating a kind phrase to yourself



I am proud of myself for getting this far.

I do not blame myself for the things that have happened to me.

My feelings and thoughts are valid.

I feel safe, calm, and at peace.

I am enough.

POSITIVE AFFIRMATIONS

I release the feeling of guilt, hurt, and shame.

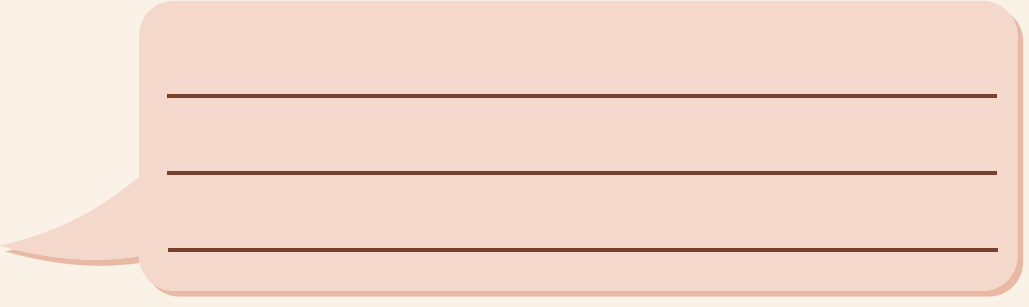
I have survived tough times before, and I will survive this moment.

I can make a difference today

I am strong, I can get through this.

My mind, body, and spirit belong to me.

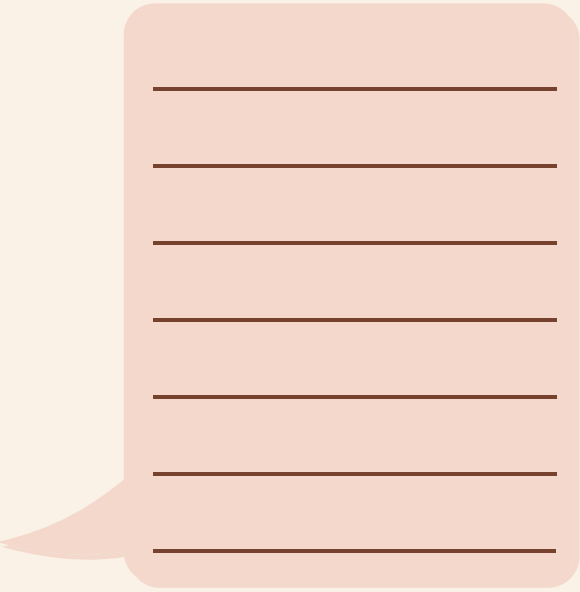
NOW TRY WRITING YOUR OWN



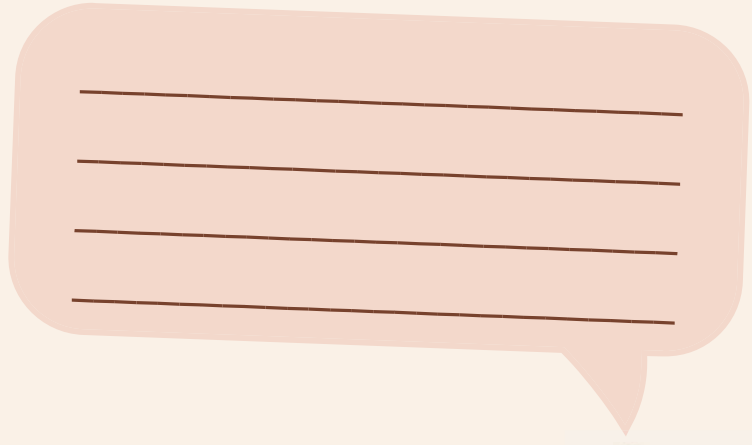
Three horizontal lines for writing inside a light pink speech bubble.



Five horizontal lines for writing inside a light pink circular speech bubble.



Eight horizontal lines for writing inside a light pink rectangular speech bubble.



Four horizontal lines for writing inside a light pink speech bubble.

MENTAL GROUNDING TECHNIQUES

These techniques focus your awareness on a mental activity to distract from unwanted thoughts. Mental grounding techniques can be used almost anywhere and to keep you focused on the present moment..

Picture a safe space for you and describe it in detail



100
97
94
91

Count backwards from 100

Try counting in intervals of 3, 5, or 7

Play a category game

Choose any category and list as many things as you can think of
Animals, colour, sport teams, countries, T.V. shows, fruits, etc.



Z
Y
X
W

Recite the alphabet backwards

Practice learning another language



MENTAL GROUNDING TECHNIQUES



Journal

Write about your favourite things, your experiences, how you are feeling, what you are grateful for, or simply a to-do list

5 - 4 - 3 - 2 - 1

Note that the following is just an example - you can change the order or number of items you identify for each sense



Name 5 things you SEE



Name 4 things you FEEL



Name 3 things you HEAR



Name 2 things you SMELL



Name 1 thing you TASTE

Colour

Grab a colouring book, doodle, or try any other artistic activity



JOURNALING PROMPTS

What do you love about yourself?

When do you feel the most confident?

Write down all aspects of the perfect "you day".

JOURNALING PROMPTS

What are you grateful for?

When did you experience joy this week?

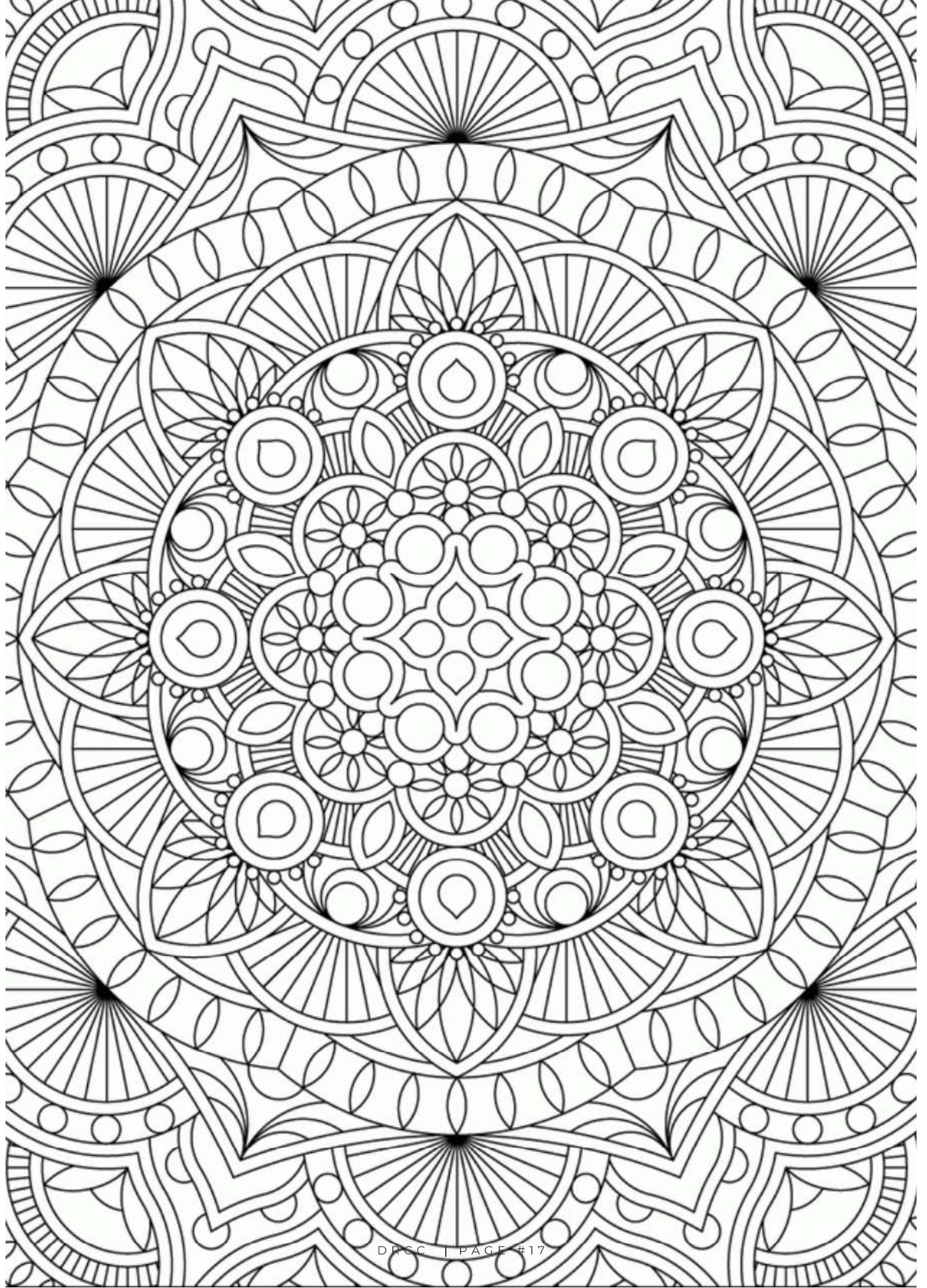
What is draining your energy? How can you reduce it or cut it out entirely?

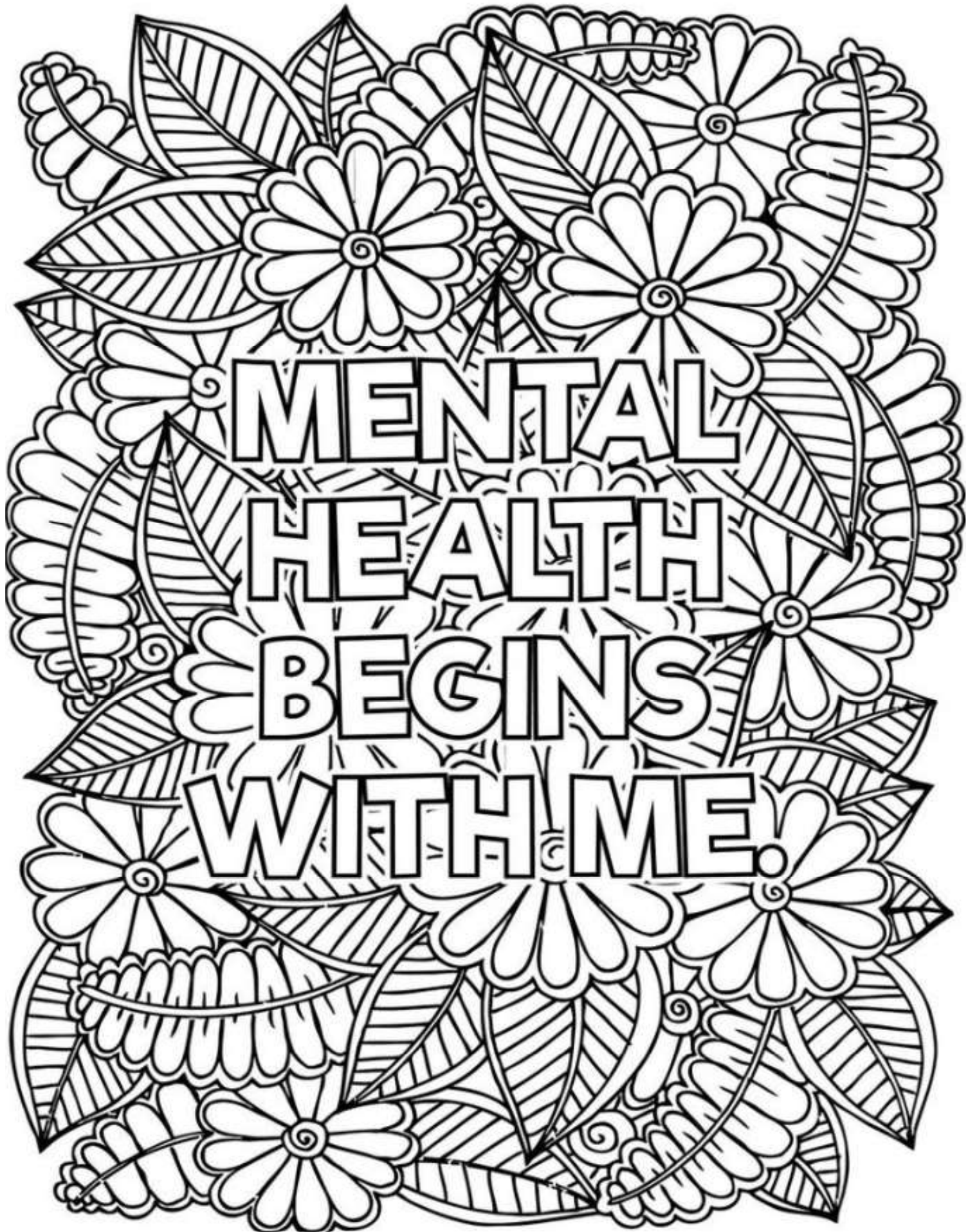
JOURNALING PROMPTS

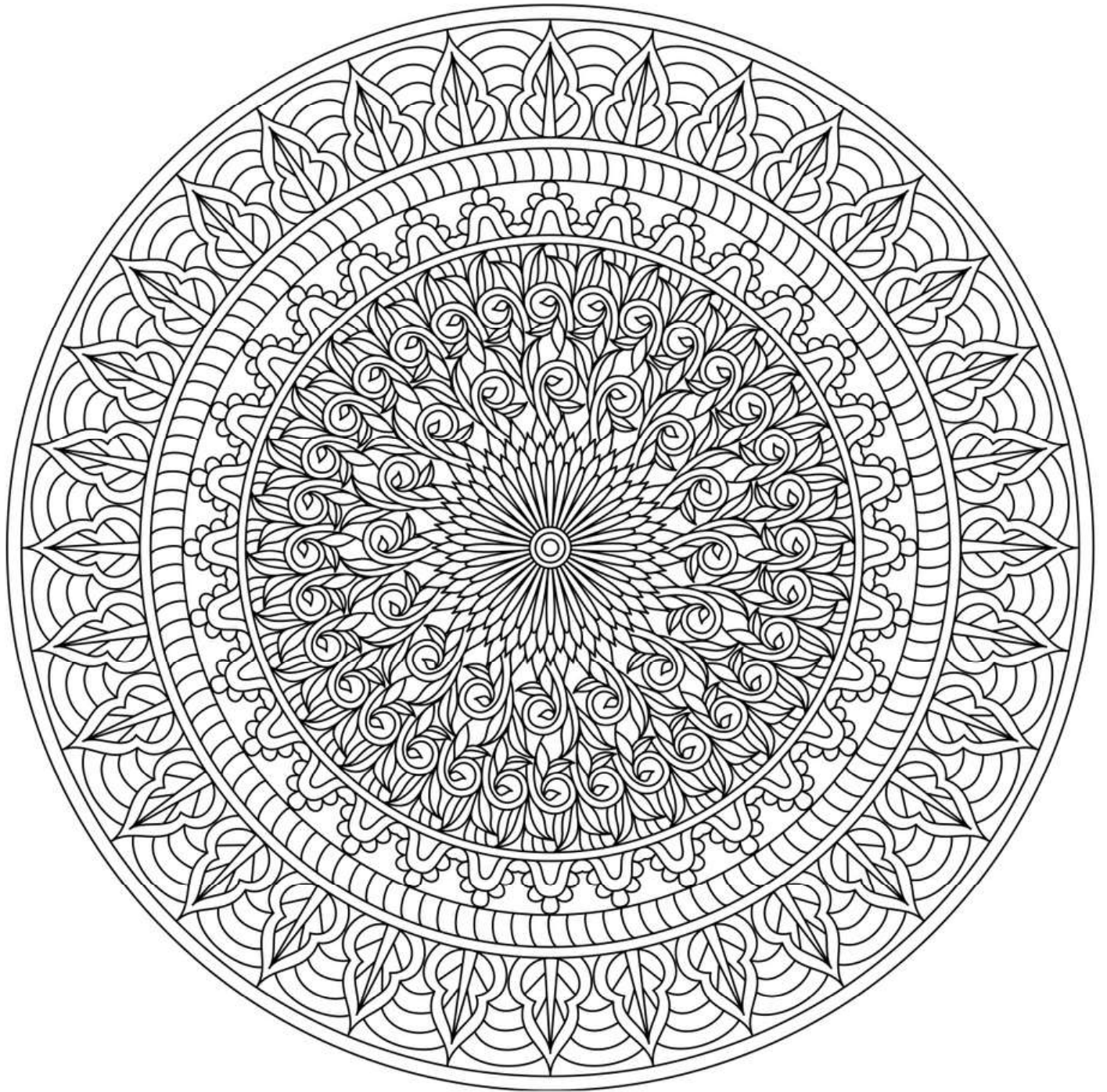
Where do you feel the safest?

If your younger self could meet you now, what would they be most proud of you for?

If you could start one new habit that could improve your life, what would it be?









MINDFULNESS

Mindfulness is the practice of gently focusing your awareness on the present moment while acknowledging and accepting your thoughts, feelings, and bodily sensations. This often includes breath work, such as deep breathing.

It often involves focusing on sensations to root yourself in your body in the here and now. It can be practiced during formal meditation or during everyday activities, like cooking, eating, cleaning, or walking.

PRACTICING MINDFULNESS HAS MANY BENEFITS



Improve cognitive ability

Reduce stress



Help with pain management



Improve sleep



Reduce symptoms of depression and anxiety



Slows aging



MINDFULNESS MISCONCEPTIONS

There are many misconceptions surrounding mindfulness.

Mindfulness is not...

**The absence of
thought**

**A religion or
faith**

**Relaxation or
escaping**

**Obtaining a
goal**



A quick fix

Perfection

HOW TO PRACTICE MINDFULNESS

Mindfulness can be practiced in several ways ranging from simple to more structured exercises.

Simple Mindfulness Exercises

Simple mindfulness exercises can be practiced anywhere and anytime.

Practice gratitude

Focus your attention on the positives in your present life. Recite them aloud or write them down.

Pay attention to your five senses

Stop what you are doing and observe what is going on around you. Use the 5-4-3-2-1 method.

Accept yourself

Notice your thoughts and emotions in the moment. Do not pass judgment, rather accept them for what they are.

Focus on your breathing

Inhale through your nose, exhale through your mouth. Focus on your breath as it moves in and out of your body.

Structured Mindfulness Exercises

Structured mindfulness exercises will require you to set aside time when you can eliminate distractions or interruptions. You may choose to practice this type of exercise in the morning before you begin your daily routine.

Body Scan

Lie on your back with your legs extended and arms at your sides, palms facing up. Focus your attention slowly and deliberately on each part of your body, in order, from toe to head or head to toe. Be aware of any sensations, emotions or thoughts associated with each part of your body.

Mindful Walking

To walk mindfully, focus your attention on the actual experience of walking. Feel the ground beneath you as you walk. Listen and notice what this is like. Engage your senses as you do this. Notice the sights, the sounds, the smells, the feel of the world as you move through it.

Mindful Eating

Engage fully with the experience of eating, without other distractions. Smell the food, touch the food, feel it inside you. Be fully present as you eat, without focusing on other people, the conversation, the things you have to do when you finish. Notice any thoughts or feelings that come to you as you are eating. Again, let go of any temptation to judge your thoughts or feelings.

RAIN TECHNIQUE

MINDFULNESS TECHNIQUE WHEN FEELING OVERWHELMED

R

Recognize What Is Happening

What is happening in this moment? How and what am I feeling? Where do I feel it in my body? Recognize and name your emotions.

Example: "I'm so mad at myself for failing the quiz. I feel like yelling."

A

Allow Life (The Experience) To Be As It Is

Don't try to run away or fix it. Don't try to control it or judge it.

Example: "I'm mad and I feel like yelling. I'm uncomfortable, but it's okay to feel this way, even if I don't like it."

I

Investigate With Kindness, Interest, & Care

Why do I feel this way? Is it really true? Mindfully observe your thoughts and where you feel your emotions in your body.

Example: "I'm crying because I'm sad. It's uncomfortable but it's okay."

N

Nurture Non-Identification (With Self Compassion)

My thoughts and emotions do not define me. I am not that thought or emotion. Remember, this feeling is only temporary and shall pass.

Example: "I can feel sad and disappointed, but this feeling is temporary."

APPS

MENTAL HEALTH

SELF CARE AND AFFIRMATIONS

JOURNALING AND MOOD TRACKING

DISTRACTION & GROUNDING

MINDFULNESS & MEDITATION

ADDICTION & SELF HARM

PERSONAL SAFETY

APPS

MENTAL HEALTH

MyPossibleSelf: Mental Health

The mental health app because your mental health matters. MyPossibleSelf has interactive tools and coping strategies, using cognitive behavioural therapy (CBT), customized for digital use. MyPossibleSelf features visual and audio exercises, motivational affirmations, CBT toolkit, mood trackers, and journaling.



Clear Fear

Clear Fear provides you with a range of ways to manage the symptoms of anxiety. Clear Fear uses a Cognitive Behavioural framework to help you change anxious thoughts and emotions, alter anxious behaviours and calm fear responses. It also has helpful descriptions of the different ways in which anxiety presents and resources.

Moodfit: Mental Health Fitness

Moodfit is a comprehensive app that features a mood journal, gratitude journal, reinforcing positive messages, guided breathing exercises, grounding techniques, mindfulness practice, CBT tools, and mental health assessments.



Sanvello: Anxiety & Depression

Whether you're feeling anxious, lonely, overwhelmed, or just burned out, Sanvello will meet you where you're at. Think of it as your feel-better toolkit, including therapy, coaching, coping techniques, meditations, and goal and mood tracking, designed by experts to help you feel better.

APPS

SELF CARE AND AFFIRMATIONS



Finch: Self Care Widget Pet

Meet your new self care best friend! Finch is a self care pet app that helps you feel prepared and positive, one day at a time. Take care of your pet by taking care of yourself! Choose from a wide variety of daily self care exercises personalized for you. In Finch, you can record your habits in a daily self-care tracker, start your mornings or end your days with daily check-ins, track your mood, use guided breathing exercises, take quizzes, and gain insight on your mental health!

Eden: Daily Self Care Routine

Eden is a habits tracker app that helps you create and maintain your daily habits and goals. For each day you complete your tasks, you will grow a flower little by little. As long as you keep your habits, you will grow a garden and fill it with flowers!



Shine

Prioritizing your mental health starts here. Learn a new self-care strategy every day, get support from a diverse community, and explore an audio library of over 800+ original meditations, bedtime stories, and calming sounds to help you shift your mindset or mood.

APPS

SELF CARE AND AFFIRMATIONS

I am

I am: Daily Affirmations

Daily affirmations help rewire our brains, build self esteem and change negative thought patterns. Empower yourself by verbally affirming your dreams and ambitions. Choose from many daily intentions and set reminders to be delivered throughout the day. An affirmation is a simple but powerful statement that helps to strengthen the connection between your unconscious mind and your conscious mind.

#SelfCare

In #SelfCare, you are invited on a journey with the moon to explore our energies of celebration, curiosity, love, intention and care. You'll find soothing rituals where you can magically transform the color of your bedroom walls, seek guidance from your tarot cards and snuggle with your cat. You may experience feelings of calm, joy, connection or ASMR-like tingles as you tend to rituals.!



Habit Share

HabitShare is a habit tracking app that you can either use on your own or with your friends and family. Sharing your habits with friends and family may help you keep track of taking medications or engaging in self-care practices.

APPS

JOURNALING & MOOD TRACKING

EMMO

EMMO diary allows people to keep a diary in a different way. EMMO is a place where you can record your mood anytime, anywhere, happy or sad, sour or sweet.



DailyBean - simplest journal

DailyBean is a simple diary app for those who want to record their daily lives easily. Let's choose your mood for the day and summarize the day with colorful icons.

DailyBean features a monthly calendar that gives you a glimpse of your mood flow, category blocks that allow you to select only the categories you want, and statistics that analyze mood and activity on a weekly/monthly basis.

Worrydolls

Worrydolls gives you a small doll who is ready to listen to what is worrying you. Tell your worry to the doll, then track it over time. You can use Worrydolls like a journal to help you overcome anxiety and stress. When your worry is finished, tell the doll it does not need to worry anymore. Then look back at your old worries to bring you a sense of calm.



APPS

DISTRACTION & GROUNDING



Breathwrk

Breathwrk makes it easy to eliminate stress & anxiety, increase energy & focus, improve endurance, and fall asleep fast. With Breathwrk customizes to you and makes it fun and easy to breathe and build good habits. Breathwrk can be used in certain moments, like before a big meeting or exam, or on a daily basis to wake up, regulate stress levels, and go to sleep. Whether you're a beginner just getting started or an expert looking to deepen your breathing practices, Breathwrk is for you

Fluid Simulation

Feel bored or anxious? This app can solve your problem! Play with relaxing fluids with a touch of your fingers. Play and experiment with these swirling substances. This beautiful creation can help you to chill, meditate, relax, relieve this pesky anxiety from your mind and enjoy your moment of life, right now.



Tappy

Tappy is a fidgeting app designed to help you reduce stress and anxiety quickly in a fun and satisfying way! Check out this app to discover ways to be mindful, improve mental health, reduce stress, and ease anxiety. Tappy aims to be your one-stop fidget app for relaxing, focusing, and just having some fun!

Colorfy: Coloring Book Games

Colorfy is a coloring game designed to help you kill time, relax your mind, and reduce everyday stress that can make people feel depressed, upset, and unproductive. Science has proven the benefits of coloring. It makes people happy, helps them overcome stress, and also brings out their creativity. You will find complex and simple art such as mandalas, animals, patterns, and florals in the coloring book.

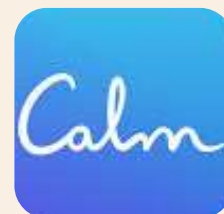


APPS

MINDFULNESS & MEDITATION

Calm - Sleep, Meditate, Relax

Calm is the #1 app for sleep, meditation and relaxation. Relieve anxiety, manage stress, sleep better and refocus your attention. Guided meditation, Sleep Stories, soundscapes, breathwork and stretching exercises fill our extensive library. Practice healthy habits and discover a happier you through Calm.

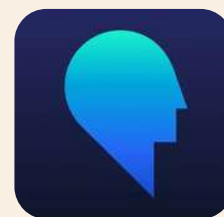


Headspace: Meditation and Sleep

Stress less. Sleep soundly. Get happy. Learn the life-changing skills of meditation and mindfulness in a few minutes a day with Headspace. Choose from hundreds of guided meditations – everything from stress management and anxiety management meditations, to meditations for sleep, personal growth, and mind-body health.

Waking Up: Guided Meditation

Whether you've never meditated before or you've attended multiple silent retreats, Waking Up teaches you an approach to mindfulness that opens the door to a deeper understanding of yourself—and a new way of seeing the world. In our Introductory Course, author, neuroscientist, and philosopher Sam Harris walks you step-by-step through both the theory and practice of meditation.



APPS

ADDICTION & SELF HARM



I Am Sober

Along with tracking your sober days, it helps you build new habits and provides ongoing motivation by connecting you to a wide network of people all striving for the same goal: staying sober one day at a time.

Through our growing sober community you can learn from others and contribute by sharing insights and tactics that have helped you quit your addiction.

Calm Urge



Self Harm Tracker allows you to keep a record of your mood over the time and identify your feelings and concerns and allows you to identify which were the most recurring emotions and concerns you are experiencing. Calm Urge offers offers a sobriety counter, self-harm tracker, and mood tracker. The app provides you a daily motivational message based on your latest emotions and concerns.



Calm Harm

The urge to self-harm is like a wave. It feels the most powerful when you start wanting to do it. Join over 2 million users and learn to ride the wave with the free Calm Harm app by choosing activities from these categories: Comfort, Distract, Express Yourself, Release, and Random. There is also a breathing technique to help be mindful and stay in the moment, regulate difficult emotions and reduce tension.

APPS

PERSONAL SAFETY



Calculator # Hide Photos Videos

It looks like a Calculator but it secretly hides your confidential photos, videos, documents, passwords, notes, contacts and to dos. It disguises itself as a calculator to make it impossible for prying eyes and hackers from discovering it.

How To Use tutorial:

<https://www.tiktok.com/@oliviaengstrom126/video/7149628993669467438>

TapeACall



Remember every detail of every conversation by recording incoming and outgoing phone calls with TapeACall.

TapeACall allows you to Access recordings immediately after hanging up by clicking the push notification to access the recording, quickly transcribe recordings into text with 99% accuracy, and easily organize, label, and safely store recordings to quickly reference at a later time



UR SAFE

UrSafe offer voice-activated, easy-to-use and hands-free SOS lifeline for threatening situations, geo-located 911 emergency response that does not require cellular data, and the ability to notify users' designated friends, family, and loved ones instantly with live audio and video stream to monitor unsafe or uncomfortable situations.

Please Note: While these apps can help protect your safety, in any situation you feel threatened or at risk of being harmed, please call 9-1-1 or your local emergency number

BOOKS

LIVED EXPERIENCE

TRAUMA

PERSONAL GROWTH

RELATIONSHIPS

SEXUAL HEALTH

POETRY

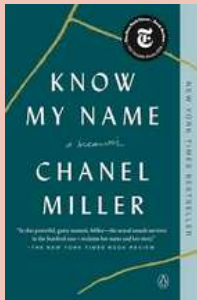
JOURNALING PROMPTS

BOOKS

LIVED EXPERIENCE

TRIGGER WARNING (TW):

Some of the following literature contains graphic content of sexual violence.



Know My Name: A Memoir

Chanel Miller

Chanel Miller, known as Emily Doe, aims to reclaim her identity and voice after a years-long trial against Brock Turner. In the wake of a high-profile sexual assault case, Miller chose to stand up to the man who raped her but soon learned that she would lose herself in the process. In this book, Chanel reclaims the power of her voice and continues to fight for the rights of sexual assault survivors among a court system that has consistently let them down.

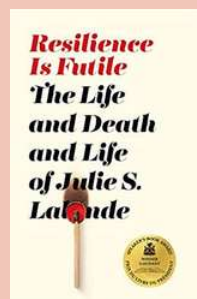
TW

TW

SPEAK

Laurie Halse Anderson

In Laurie Halse Anderson's powerful novel, an utterly believable heroine with a bitterly ironic voice delivers a blow to the hypocritical world of high school. She speaks for many a disenfranchised teenager while demonstrating the importance of speaking up for oneself.



Resilience is Futile: The Life and Death and Life of Julie S. Lalonde

Julie Lalonde

Fleeing intimate partner violence at age 20, Julie was stalked by her ex-partner for over ten years, rarely mentioning it to friends, let alone addressing it publicly. Resilience is Futile is a story of survival, courage and ultimately, hope. But it's also a challenge to the ways we understand trauma and resilience. It's the story of one survivor who won't give up and refuses to shut up.

TW

BOOKS

LIVED EXPERIENCE



Girl in the Woods

Aspen Matis

Girl In The Woods is a story of survival, self-discovery, and liberation. In this grippingly honest and inspiring memoir of adventure, Matis recounts her journey from shattered girl to self-reliant woman, as she discovered herself in the wilderness of the American West. Along the way, she learns to trust others again, but more importantly she learns to trust herself.

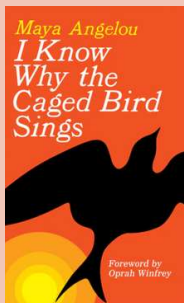
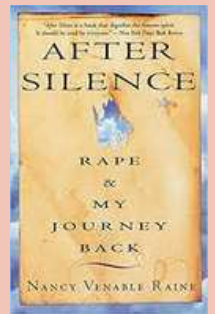
TW

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After Silence: Rape and My Journey Back

Nancy Venable Raine

Raine's riveting narrative of the 10 year aftermath of her rape brings to light the truth that survivors of traumatic experiences know - a trauma does not end when you find yourself alive. She probes the long-term psychological and physiological after effects of rape, the treatment of rape by the media, and cultural views of victimhood.



I Know Why the Caged Bird Sings

Maya Angelou

Angelo retells her story of childhood abuse. Years later, Maya learns that love for herself, the kindness of others, her strong spirit, and the ideas of great authors will allow her to be free instead of imprisoned.

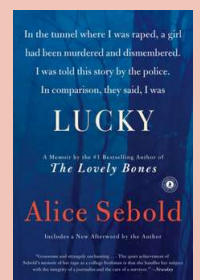
TW

TW

Lucky: A Memoir

Alice Sebold

Sebold retells a powerful account of her sexual assault at the age of eighteen and the harrowing trial that followed. Sebold illuminates the experience of trauma victims and imparts a wisdom profoundly hard-won: "You save yourself or you remain unsaved."



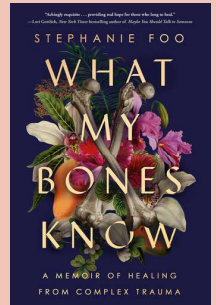
BOOKS

TRAUMA

What my Bones Know

Stephanie Foo

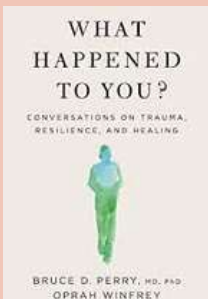
A memoir of reckoning and healing by acclaimed journalist Stephanie Foo, investigating the little-understood science behind complex PTSD and how it has shaped her life. Foo reckons with the hold of the past over the present, the mind over the body—and examines one woman’s ability to reclaim agency from her trauma. Ultimately, she discovers that you don’t move on from trauma—but you can learn to move with it..



What Happened To You?: Conversations on Trauma, Resilience, and Healing

Oprah Winfrey and Bruce D. Perry

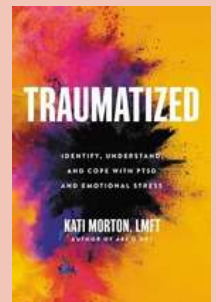
Have you ever wondered "Why did I do that?" or "Why can't I just control my behavior?" When questioning our emotions, it's easy to place the blame on ourselves. It's time we started asking a different question. Oprah Winfrey and trauma expert Dr. Bruce Perry offer a groundbreaking and profound shift from asking "What's wrong with you?" to "What happened to you?"



Traumatized: Identify, Understand, and Cope with PTSD and Emotional Stress

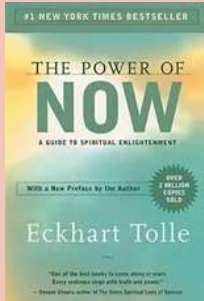
Kati Morton

Morton shares a unique perspective on trauma in the modern age, including tips to be more mindful, therapeutic techniques to heal from childhood trauma, and skills to identify transgenerational trauma. Learn how to identify and cope with triggers, pay attention to how social media can harm your mental health, and find the tools to manage what you can see online..



BOOKS

ALLYSHIP AND SUPPORT



The Power of Now: A Guide to Spiritual Enlightenment

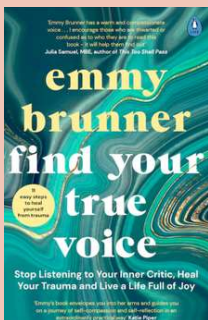
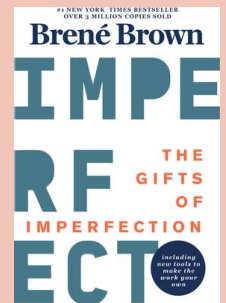
Eckhart Tolle

The Power of Now takes readers on an inspiring journey to find their true self and reach the ultimate in personal growth and spirituality: the discovery of truth and light. Tolle introduces readers to enlightenment and the mind. He awakens readers to their role as a creator of pain and shows them how to have a pain-free identity by living fully in the present.

The Gifts of Imperfection: 10th Anniversary Edition: Features a new foreword and brand-new tools

Brené Brown

Brené writes, “This book is an invitation to join a wholehearted revolution. A small, quiet, grassroots movement that starts with each of us saying, ‘My story matters because I matter.’ Revolution might sound a little dramatic, but in this world, choosing authenticity and worthiness is an absolute act of resistance.”



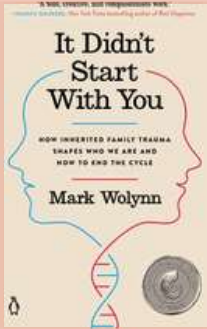
Find Your True Voice: Stop Listening to Your Inner Critic, Heal Your Trauma and Live a Life Full of Joy

Emmy Brunner

Brunner redefines trauma in a way that allows you to accept the things that have happened to you in your life, reflect on who they've made you become & guide you on how to unravel yourself from the throws of these traumas.

BOOKS

RELATIONSHIPS



It Didn't Start With You

Mark Wolynn

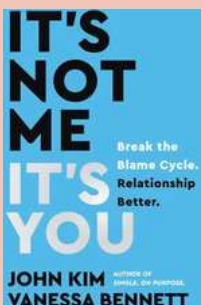
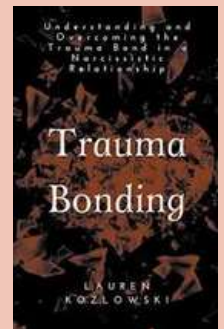
This book offers a compelling understanding of inherited trauma and fresh, powerful tools for relieving its suffering. A groundbreaking approach to transforming traumatic legacies passed down in families over generations, by an acclaimed expert in the field. It Didn't Start With You is a transformative approach to resolving longstanding difficulties that in many cases, traditional therapy, drugs, or other interventions have not had the capacity to touch.

Trauma Bonding

Lauren Kozlowski

'If your relationship is so bad, why don't you just leave them?' If you've ever been asked this question or anything similar, aside from being ignorant and hurtful, you'll know it's beyond frustrating. The answer to the above questions, whilst it's complex and often confusing, can be given with two words: trauma bonded.

If you find you're in a relationship that you know is so toxic, but you can't bring yourself to leave, you may be in the clutches of a tight trauma bond.



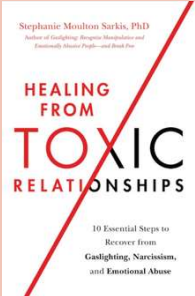
It's Not Me, It's You: Break the Blame Cycle. Relationship Better.

John Kim, Vanessa Bennett

It's Not Me, It's You is for anyone looking for real advice on relationships that takes both sides into account and discusses relationships with the honesty and clarity we all need.

BOOKS

RELATIONSHIPS

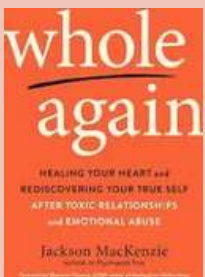
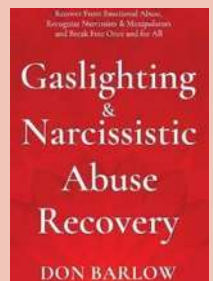


Healing from Toxic Relationships: Stephanie Moulton Sarkis PhD

Dr. Sarkis extends compassion and knowledge to survivors, helping you understand the underpinnings of toxic behavior and how to find peace. Highlighting ten essential steps, Dr. Sarkis provides survivors with an accessible framework that can be applied to anyone preparing to heal.

Gaslighting & Narcissistic Abuse Recovery Don Barlow

Gaslighting is a covert form of abuse that affects your confidence and trust in yourself, which the abuser then takes advantage of. Whether it's a spouse, parent, or co-worker, it's hard to break loose from a gaslighter. You will learn how gaslighters operate, how it is affecting you, and how you can reclaim your truth.

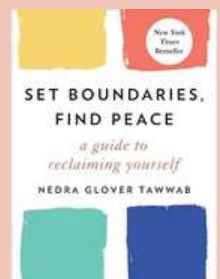


Whole Again Jackson Mackenzie

Whole again is a deeply insightful guide to getting back to your "old self" again in order to truly heal and move on. Mackenzie guides readers on how to fully heal from abuse in order to find love and acceptance for the self and others.

Set Boundaries, Find Peace: Nedra Glover Tawwab

Set Boundaries, Find Peace presents simple-yet-powerful ways to establish healthy boundaries in all aspects of life. These techniques help us identify and express our needs clearly and without apology, and unravel a root problem behind codependency, anxiety, depression, burnout, and more.



BOOKS

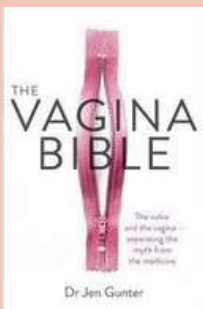
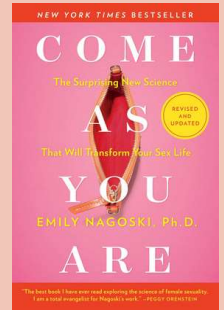
SEXUAL HEALTH

Come As You Are: Revised and Updated: The Surprising New Science That Will Transform Your Sex Life

Emily Nagoski Ph.D.

Emily uses groundbreaking science and research to prove that the most important factor in creating and sustaining a sex life filled with confidence and joy is not what the parts are or how they're organized but how you feel about them.

Women have learned through Nagoski's accessible and informative guide that things like stress, mood, trust, and body image are not peripheral factors in a woman's sexual wellbeing; they are central to it—and that even if you don't always feel like it, you are already sexually whole by just being yourself.



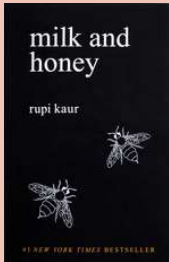
The Vagina Bible

Jen Gunter

The Vagina Bible is a comprehensive, accessible antidote to the maelstrom of misinformation around female sexual health, and the ultimate guide to everything a person needs to know about the vagina and vulva. Dr. Gunter knows the questions women (and men) have about female sexual health, and in The Vagina Bible, she answers them all.

BOOKS

POETRY



Milk and Honey

Rupi Kaur

#1 New York Times bestseller milk and honey is a collection of poetry and prose about survival. This book shares the experience of violence, abuse, love, loss, and femininity.

I Hope This Makes You Uncomfortable

Kat Savage

In this collection, Savage explores themes of love, life, self-discovery, and trauma from a woman's perspective, bringing about unity through discomfort.



Purple Sparks: Poetry by Sexual Assault Survivors

Stephanie Y. Evans

Purple Sparks is a riveting collection of human voices that bring awareness, advocacy, and power to the issue of sexual assault.

TW

The Rape Poems

Frances Driscoll

The Rape Poems is collection of survivor pieces in common language with alarmingly precise composition and artistry. These unsettling poems arrive like dispatches from the very source of our wounds.

