

Secret Weapons of Mass Orgasm The Science of Sex & The Artistry of Love

Appendix B: Recommended Reading List

Chapter 1: REAL Sex Ed for Real Adults

[Living the Naked Life: 10 Ways to Expose Your Unlimited Creation Abilities](#) by Nadine Sabulsky

[The Game is Life](#) series by [Terry Schott](#) (click on author to see all books in series)

[Body Pleasure & the Origins of Violence](#) by James W. Prescott, from "The Bulletin of The Atomic Scientists", November 1975, pp. 10-20

[How Sex Affects Intelligence, and Vice Versa](#) by Dan Hurley [The Atlantic Jan 13, 2014]

[Sexual Behavior in the Human Male](#) and [Sexual Behavior in the Human Female](#) by Alfred Kinsey, Institute for Sex Research, Clyde E Martin, Wardell B Pomeroy, and Paul H Gebhard

*Or... if you want an excellent dramatization of the life and research of this scientist, watch [Kinsey](#)

['Purity' culture: bad for women, worse for survivors of sexual assault](#) by Jill Filipovic [The Guardian, May 9, 2013]

Check out the [Elizabeth Smart Foundation](#) to help protect yourself or your child with the [Hero™ smart phone app](#).

[My Twisted World: The Story of Elliot Rodgers](#) by Elliot Rodgers (pdf download)

Read more about [Naked Life Coaching™](#)

Read Nadine's manifesto for [Satoria Nation](#)

Chapter 2: Factors of Attraction

Energy: [The Celestine Prophecy](#) by James Redfield

Chemistry: [The Evolution of Mating Preferences and Major Histocompatibility Complex Genes](#) by Dustin J. Penn* and Wayne K. Potts, Department of Biology, University of Utah

Attraction & Love: [The Bridge Across Forever](#) by Richard Bach

The [Myers/Briggs Type Indicator](#) (MBTI)® personality scale

*Note: This is just one type of personality assessment. Along with that, there are scores of dating websites that use various questionnaires and algorithms to attempt to help people find their "match". These are all interesting to use as a method of self-discovery, along with dating. The most important thing is to not take any of these personality tests too seriously, but use them to help you discover more about yourself.

Chapter 3: Enter The Matrix... Relationship Models

[Conscious Dating: Finding the Love of Your Life and the Life that You Love](#) by David Steele

[Should I Stay or Should I Go?: A Guide to Knowing if Your Relationship Can - and Should - be Saved](#) by Lundy Bancroft and JAC Patrissi

Chapter 4: Aspects of Communication

[Casual Love](#) by Carsie Blanton

[What Every Body is Saying: An Ex-FBI Agent's Guide to Speed-Reading People](#) by Joe Navarro (FBI Special Agent, Ret.) with Marvin Karlins, Ph.D.

[Emotions Revealed, Second Edition: Recognizing Faces and Feelings to Improve Communication and Emotional Life](#) by Paul Ekman

[Born This Way: Questions & Answers About Being Transgender](#) by DeAnna Bennett

[Men Are From Mars, Women are From Venus](#) by John Gray, Ph.D.

[5 Love Languages: The Secret to Love that Lasts](#) by Gary Chapman

[Fuck Yes, or No](#) by Mark Manson

[It's never too early to teach children about consent and boundaries](#) by Anne Theriault [Washington Post Feb 13, 2015]

Chapter 5: Emotional Intelligence

[Emotional Biochemistry](#) by Pilar Gerasimo

[My Stroke of Insight: A Brain Scientist's Personal Journey](#) by Jill Bolte Taylor

[Screaming to Sleep: The moral imperative to end 'cry it out'](#) by Amy Wright Glenn [Part 1](#), [Part 2](#) [Philly Voice, Jan 2015]

[The Likely Cause of Addiction Has Been Discovered, and It Is Not What You Think](#) by Johann Hari [Huffington Post Jan 20, 2015]

[Chasing The Scream: The First and Last Days of the War on Drugs](#) by Johann Hari

[Cuddle Party Rules](#)

[Tearful Serenity: Crying Away the Stress](#) by Nomi Kaim

[*The Four Agreements*](#) by Don Miguel Ruiz

[*Power vs Force*](#) by David R. Hawkins M.D. Ph.D.

[*The Master Key System*](#) by Charles F. Haanel

Homework, the 30 Day Challenge: [Daily Commitments & Goals Checklist](#)

~ **Interlude** ~

[*Unhappenings*](#) by Edward Aubry

[See the live Slam Poetry reading of my poem "If v4.0"](#)

Chapter 6: Sexual Anatomy Lessons

[*When Does a Baby Develop Gender?*](#) by Jamie Mastrangelo [LiveStrong.com 02/19/2014]

[*The Internal Clitoris*](#) by Ms. M. [Museum of Sex]

[*Here's What the Clitoris Actually Is... And What It Isn't*](#) by Amanda Chatel [Mic.com 03/10/2015]

[*Sex biology redefined: Genes don't indicate binary sexes*](#) by Andrea Ford [Scope: Stanford Medicine blog February 24, 2015]

[*Sex redefined*](#) by Claire Ainsworth [Nature, Feb 18, 2015]

[*Human Sexuality: From Cells to Society*](#) by Martha Rosenthal (I have not read this book, I quoted a segment found in the course of research via a third party)

[*The Naked Woman: A Study of the Female Body*](#) by Desmond Morris (I have not read this book, I quoted a segment found in the course of research via a third party)

[*Great Wall of Vagina*](#) exhibit, and [4X4](#), cast genital art by Jamie McCartney

[*What Is The Average Penis Size?*](#) written by Markus MacGill, reviewed by Dr Helen Webberley [Medical News Today, updated Mar 18, 2016]

[*Does Vagina Size Matter?*](#) written By Tammy Worth, reviewed by Laura J. Martin, MD [WebMD Feature]

[*Penile hygiene for intact \(non-circumcised\) males*](#) from Circumcision Information and Resource Pages

[*To Mutilate in the Name of Jehovah or Allah: Legitimization of Male and Female Circumcision*](#) by Sami A. Aldeeb Abu-Sahlieh [CIRP]

[*Quantum Biology aka Promorpheus*](#) by Professor Nelson

If you desire to be more informed about [STDs](#), [safe sex](#), and [birth control](#), I recommend the [Planned Parenthood website](#) as a bountiful resource on these topics.

[Women Don't Need to Have Periods](#) by Alana Massey [The Atlantic, Sept 9, 2015]

[Better Birth Control for Men: 8 Promising Possibilities](#) by Valerie Tarico [RH Reality Check, Oct 2, 2013]

[Is Mate Choice in Humans MHC Dependent?](#) by Raphaelle Chaix, Chen Cao, Peter Donnelly [PLOS Research Article, Sep 12, 2008]

[Major histocompatibility complex genes, symmetry, and body scent attractiveness in men and women](#) by Randy Thornhill, Steven W. Gangestad, Robert Miller, Glenn Scheyd, Julie K. McCollough and Melissa Franklin [Oxford Journals, Science & Mathematics: Behavioral Ecology Volume 14, Issue 5Pp. 668-678]

[Gut Bacteria Might Guide The Workings Of Our Minds](#), Rob Stein [NPR Morning Edition, Nov 18, 2013]

[10 Proven Health Benefits of Coconut Oil](#) by Kris Gunnars, BSc

[How much sex is considered exercise?](#) by Jay Williams [CNN Oct 24, 2014]

[Chakras](#) (online guide) by Rick Richards

[The Celestine Prophecy](#) by James Redfield (describes what happens energetically in relationship)

Chapter 7: From Flirting to Forever, Sexual Communication

No recommended reading, just homework assignments

Chapter 8: Intimacy Techniques

[The Orgasmic Mind: The Neurological Roots of Sexual Pleasure](#) by Martin Portner [Scientific American, Apr 1, 2008]

[Sex needs a new metaphor. Here's one ...](#) Al Vernacchio [Ted Talks Jul 15, 2013]

[Affectionate Sex Positions Over 100 Illustrated](#) by Agnes. M Wilson

[Sex Positions Illustrated: Sex, The Best Sex Positions Ever](#) by Kamasutra Lifestyle

[Kink Without Sex? That's Just How Some People Like It](#) by Anabelle Bernard Fournier [Kinkly Apr 28, 2016]

[The Seductive Art of Japanese Bondage](#) by Midori

[Fetlife.com](#) to look through their list of fetishes. Search any words you don't understand using Google

[Living The Naked Life](#) for more of a whole-life consciousness guide (i.e. plain English Tantra)

Chapter 9: Setting Free Your Sexy Inner Beast

[*The Shadow Effect: Illuminating the Hidden Power of Your True Self, an Interactive Movie Experience*](#)

[*Recovering the Ancient Magic*](#) by Max Freedom Long (about the Hawaiian practice of Ho'oponopono)

[*The Miracle Man: An Inspiring True Story of Motivation & Courage*](#) by Morris E. Goodman

[*Use It Wisely! Time Management: 7 Steps for a Creative Mind*](#) by Nadine Sabulsky

Chapter 10: Alternative Lifestyles, or Decoding the Alphabet Soup

[*100 Countries and Their Prostitution Policies*](#) (also includes a little anecdotal information about some sex laws, such as whether gay sex is legal)

[*The Complete List of Weird Sex Laws in the USA*](#)

(I don't think it's a complete list, however it does have a good sampling)

[*20 Sex Laws Around The World That Are Too Weird To Believe*](#)

[*Strange Sex Laws Around the World!*](#)

*Note: I was searching for a comprehensive list but I mainly found several similar articles with just a few laws. If you find a resource listing all sex laws by country please let me know!

[*Sexual Behavior in the Human Male*](#) and [*Sexual Behavior in the Human Female*](#) by Alfred Kinsey, Institute for Sex Research, Clyde E Martin, Wardell B Pomeroy, Paul H Gebhard

*Or... if you want an excellent dramatization of the life and research of this scientist, watch [*Kinsey*](#)

[*Sex redefined*](#) by Claire Ainsworth [Nature, Feb 18, 2015]

Alt Lifestyle Resources

[*Legal Age of Consent, Worldwide*](#) (also shows whether or not homosexual sex is legal)

[Intersex Society of North America](#)

[Centerlink](#) (LGBT resource list)

[Fetlife.com](#) (social networking for every alt sexual lifestyle)

[CollarSpace.com](#) (social networking geared specifically towards Doms and subs)

[DarkHeart.com](#) (a list of community resources)

[Young Naturists of America](#) (YNA)

[American Association for Nude Recreation](#) (AANR)

[AdultFriendFinder.com](#) (social networking for swingers and other alt lifestyle dating)

[SwingersClubList.com](#) (worldwide location lists)

[PolyamoryDate.com](#) (a dating site for polyamorous people)
[PolyamorySociety.org](#) (an information site about all things poly)
[PolyInfo.org](#) (more information, and a local groups resource list)

[SpiritualSingles.com](#) (a dating site for conscious dating, not necessarily just Tantra)
[EliteTantra.com](#) (a series of video explaining tantric practices)

[Meetup.com](#) (find local groups and events for any interest or lifestyle)

Chapter 11: Being an Ethical Lover

No recommended reading

Bonus Book #1 "Getting it Right" A New Guide to Resolving Old Conflicts

[*Living the Naked Life: 10 Ways to Expose Your Unlimited Creation Abilities*](#) by Nadine Sabulsky

[*Men Are From Mars, Women are From Venus*](#) by John Gray, Ph.D.

[*5 Love Languages: The Secret to Love that Lasts*](#) by Gary Chapman

[*The Celestine Prophecy*](#) by James Redfield

*Everything is Trance-able: A Simple Guide to Meditation** or [*I Am That I Am: 365 Daily Meditations*](#), by Nadine Sabulsky

*Shifting to a Positive Mindset: Take the 30-Day Challenge and Watch Your World Transform** by Nadine Sabulsky

*Coming soon

Bonus Book #2 Everything is Trance-able: A Quick & Easy Guide to Meditation

[*26 Scientifically Proven Superhuman Benefits of Meditation*](#) by Jon Brooks [Comfort Pit, Sep 19, 2014]

[*I Am That I Am: 365 Daily Meditations*](#) by Nadine Sabulsky

[*Waking Life*](#) (movie)

[*Lucid Dreaming: A Concise Guide to Awakening in Your Dreams and in Your Life*](#) by Stephen LaBerge

[*The Master Key System*](#) by Charles F. Haanel

Bonus Book #3: Attracting Cupid: The Quick and Dirty Guide to Online Dating

Some dating sites to choose from:

OkCupid.com

[Plenty Of Fish](http://PlentyOfFish.com)

[Tinder](http://Tinder.com) (a dating app)

Fetlife.com (social networking for every alternative or sexual lifestyle)

CollarSpace.com (social networking geared specifically towards Doms and subs)

AdultFriendFinder.com (social networking for swingers and other alt lifestyle dating)

PolyamoryDate.com (a dating site for polyamorous people)

SpiritualSingles.com (a dating site for conscious dating, not necessarily just Tantra)

[Top 10 Best Dating Sites](http://Top10BestDatingSites.com) (a site that rates other dating sites, including top 10 overall, senior, gay, lesbian, and Christian dating sites)

Thank you again for purchasing this book! If you've enjoyed Secret Weapons of Mass Orgasm, please [leave a review](#), and help spread the word by recommending it to your friends!

You can download the Appendices plus other book bonus materials from my website, at:

<http://www.TheNakedLifeCoach.com/swomo>

About the Author

Nadine Sabulsky. is a transformational speaker, coach, author, mom, movie star, super-heroine, synergist, karaoke singer, dancer, sci-fi geek, serial entrepreneur, adventuress, inventor, designer, goddess & more! I'm the Prima Imagina of [Satoria Nation](#) and Originator/Developer of [Naked Life Coaching™](#)

Her books include:[Living the Naked Life: 10 Ways to Expose Your Unlimited Creation Abilities](#)

When you learn these simple techniques, you will increase your wisdom greatly. You will learn how to master both your mind and body, and how that inner self-mastery leads to outer fulfillment. Regardless of where you are in life, these 10 ways will unlock your true potential and allow you to have amazing control of your destiny. We are all capable of living a truly epic life, and this book shows you exactly how to get there!

[Use It Wisely! Time Management: 7 Steps for a Creative Mind](#)

In this book, I share how creative people can get more organized, and how non-creative people can unlock their creativity, using 7 simple steps to plan and organize your life so that your dreams, goals and ambitions can be realized AND you will always have the time for the fun things that make you happy during the path towards them! It's all about living the dream *while* you build it.

[I Am That I Am: 365 Daily Meditations](#)

Are you a meditation master, or a newbie? Either way, this book will give you 365 concepts to meditate on each day for an entire year. By using this book, you will see increasing benefits from the very first day, ranging from peace of mind and increased self-confidence, to inner joy and happiness. Daily meditation has also been proven to reduce stress and anxiety and increase health and wellness.

[Secret Weapons of Mass Orgasm: The Science of Sex & the Artistry of Love, Top 10 Secrets to Having Orgasmic Relationships \(you were never taught in school\)](#)

Whether you're single or married, straight, or LGBTQ, or living in an alternative lifestyle, relationships are the undoubtedly one of, if not *the* most important aspect of our lives. Yet, even though there are classes for cooking, driving, and other useful skills, for some odd reason we're never taught the skills that make relationships truly awesome. Now you can learn the secret ingredients that will increase your emotional IQ, help you resolve conflicts, heal yourself from past emotional wounds, and let's not forget having the orgasmic sex! This book is a no-holds-barred, tell-all how-to guide which will allow you to create true happiness and fulfillment in life. You'll be able to love like a maestro, and know what to do (both in and out of the bedroom) in any type of relationship!