



*My*

# FAVORITE BOOKS

Must-Read Books For Better Intimacy

KEVIN ANTHONY COACHING



# BOOKS FOR *Men*

## Tantra

**Tantric Sex for Men: Making Love a Meditation**

Diana Richardson, Michael Richardson

<https://amzn.to/3tfbeW5>

**Tantric Secrets For Men: What Every Woman Will Want Her Man to Know About Enhancing Sexual Ecstasy**

Kerry Riley with Diane Riley

<https://amzn.to/3qbfODb>

## Taoism

**The Multi-Orgasmic Man: Sexual Secrets Every Man Should Know**

Mantak Chia, Douglas Abrams Arava

<https://amzn.to/3u4J5jL>

**The Sexual Teachings of the Jade Dragon: Taoist Methods for Male Sexual Revitalization**

Hsi Lai

<https://amzn.to/3KQpzOR>

**Sexual Reflexology**

Mantak Chia & William U. Wei

<https://amzn.to/3idFZEL>

## Sex & Relationship Skills

### Cockfidence

Celeste Hirschman, Danielle Harel

<https://amzn.to/3MSGKRI>

### The Enlightened Sex Manual: Sexual Skills for the Superior Lover

David Deida

<https://amzn.to/3wdQkZx>

### Open Her: Activate 7 Masculine Powers to Arouse Your Woman's Love & Desire

Karen Brody

<https://amzn.to/3iflpCE>

### The Way Of The Superior Man: A Spiritual Guide to Mastering the Challenges of Women, Work, and Sexual Desire

David Deida

<https://amzn.to/3luFPDP>

### Conscious Cock: The Empowered Sexuality Manual For Men: Healthy Masculinity, Sex Education & Communication Tools

Kristopher Lovestone

<https://amzn.to/3JhsfVi>

### The Ultimate Guide To Prostate Pleasure: Erotic Exploration For Men And Their Partners

Charlie Glickman, Mark Bachman, Aislinn Emirzian

<https://amzn.to/3qceHD8>

### Be Less Dickish: The Definitive Self-Help Book About Men

David Coates & Corey Kilpack

<https://amzn.to/3uSoZcT>

### Live, Laugh, Find True Love (Find A Meaningful Relationship)

Sarah A. Intelligator, Esq

<https://amzn.to/48RWnDI>

## Men's Health

**The 21st Century Man**

Judson Brandeis MD

<https://amzn.to/3qblcWL>

**Breathing For Warriors**

Belisa Vranich and Brian Sabin

<https://amzn.to/3iv6GoJ>

## Men's Personal Development

**The Art Of War**

Sun Tsu

<https://amzn.to/37pbb1x>

**12 Rules For Life**

Jordan B. Peterson

<https://amzn.to/3KK2FbQ>

**Power vs Force**

Dr. David R. Hawkins

<https://amzn.to/3MWmwX5>

**MONEY Master The Game: 7 Simple Steps To Financial Freedom**

Tony Robbins

<https://amzn.to/3CM7BKG>

# BOOKS FOR *Women*

## Tantra

**Tantra Goddess: A Memoir of Sexual Awakening**

Caroline Muir

<https://amzn.to/3KT2x9V>

**Orgasm Unleashed: Your Guide To Pleasure, Healing And Power**

Eyal Matsliah

<https://amzn.to/3ibAw10>

## Taoism

**The Sexual Teachings of the White Tigress: Secrets of the Female Taoist Masters**

Hsi Lai

<https://amzn.to/3u1xsdu>

**Healing Love through the Tao: Cultivating Female Sexual Energy**

Mantak Chia, Maneewan Chia

<https://amzn.to/3KSrNx0>

**Emergence of the Sensual Woman**

Saida Désilets

<https://amzn.to/3qa00QM>

**The Multi-Orgasmic Woman: Discover Your Full Desire, Pleasure, and Vitality**

Mantak Chia, Rachel Carlton Abrams

<https://amzn.to/3KQuJKC>

**Exploring the Hidden Power of Female Sexuality**

Maitreyi D. Piontek

<https://amzn.to/3CQsX9S>

## Female Anatomy

**Wild Feminine: Finding Power, Spirit & Joy in the Female Body**

Tami Lynn Kent

<https://amzn.to/3we13mS>

**Female Ejaculation and the G-Spot**

Deborah Sundahl

<https://amzn.to/35Z9vVA>

**Women's Anatomy of Arousal**

Sheri Winston

**Petals**

Nick Karras

<https://amzn.to/3N0xgEe>

**I'll Show You Mine**

Wrenna Robertson

<https://amzn.to/3ittlMD>

## Women's Health

**Luna Yoga : Vital Fertility and Sexuality**

Adelheid Ohlig

<https://amzn.to/3Jj4D2J>

**GREEN BEAUTY RECIPES: Easy Homemade Recipes to Make Your Own Organic and Natural Skincare, Hair Care, and Body Care Products**

Julie Gabriel

<https://amzn.to/3lbuWGN>

**Natural Health after Birth: The Complete Guide to Postpartum Wellness**

Aviva Jill Romm

<https://amzn.to/36pqrQx>

**Taking Charge of Your Fertility, 20th Anniversary Edition: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health**

Toni Wäscher

<https://amzn.to/36mf32U>

**Herbal Healing for Women**

Rosemary Gladstar

<https://amzn.to/3tWq9Ug>

**Healing Wise (Wise Woman Herbal Series)**

Susun S. Weed

<https://amzn.to/36lLfDx>

**Dressed To Kill: The Link between Breast Cancer and Bras**

Sydney Ross Singer, Soma Grismaijer

<https://amzn.to/3Jul1MJ>

**WomanCode: Perfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive, and Become a Power Source**

Alisa Vitti

<https://amzn.to/3lg3WpC>

**The Hormone Cure: Reclaim Balance, Sleep, Sex Drive and Vitality Naturally with the Gottfried Protocol**

Sara Gottfried, MD

<https://amzn.to/3Jhy8ly>

**Younger: A Breakthrough Program to Reset Your Genes, Reverse Aging, and Turn Back the Clock 10 Years**

Sara Gottfried, MD

<https://amzn.to/3uatMGC>

## Feminine Energy

**The Queen's Code: Crack the Code on Men**

Alison Armstrong

<https://amzn.to/34MC5zu>

**Pussy: A Reclamation**

Regena Thomashauer

<https://amzn.to/3tcYlvP>

**Powerful and Feminine: How to Increase Your Magnetic Presence and Attract the Attention You Want**

Rachael Jayne Groover

<https://amzn.to/3liyDun>

**The Optimized Woman: Using Your Menstrual Cycle to Achieve Success and Fulfillment**

Miranda Gray

<https://amzn.to/3KQC2lw>

**The Empowered Wife**

Laura Doyle

<https://amzn.to/3q6O2Yn>

**Live, Laugh, Find True Love (Find A Meaningful Relationship)**

Sarah A. Intelligator, Esq

<https://amzn.to/48RWnDI>

# BOOKS FOR *Couples*

## Tantra

**Sacred Sexual Healing: The SHAMAN Method of Sex Magic**

Baba Dez Nichols, Kamala Devi

<https://amzn.to/3CVGnBh>

**The Heart of Tantric Sex: A Unique Guide to Love and Sexual Fulfillment**

Diana Richardson

<https://amzn.to/3CS3iO2>

**The Art of Sexual Ecstasy: The Path of Sacred Sexuality for Western Lovers**

Margot Anand, M. E. Naslednikov

<https://amzn.to/3tgbofW>

**Let's Talk Tantra Volume 1**

Lotte Soes Farren-Lee and Ulrik Adinatha Lyshoej

<https://amzn.to/3CQFpWN>

## Taoism

**The Multi-Orgasmic Couple: Sexual Secrets Every Couple Should Know**

Mantak Chia, Maneewan Chia, Douglas Abrams, Rachel Carlton Abrams

<https://amzn.to/3CMkeoQ>

**White Tigress Green Dragon: Sexual Secrets for Youthful Restoration & Spiritual Illumination**

Hsi Lai

<https://amzn.to/3w86VOq>

## Native American Sexuality

**The Sexual Practices of Quodoushka: Teachings from the Nagual Tradition**

Amara Charles

<https://amzn.to/34T3aBi>

## Relationships

**The New Naked: The Ultimate Sex Education For Grown-Ups**

Harry Fisch

<https://amzn.to/3ic6n1A>

**Finding God Through Sex: Awakening the One Spirit Through the Two of Flesh**

David Deida

<https://amzn.to/3u2LBaq>

**Don't Be Nice, Be Real: Balancing Passion for Self with Compassion for Others**

Kelly Bryson MFT

<https://amzn.to/3N7tdpE>

**Nonviolent Communication: A Language of Life: Life-Changing Tools For Healthy Relationships**

Marshall B. Rosenberg

<https://amzn.to/3CKTXrb>

**The 5 Love Languages: The Secret to Love That Lasts**

Gary D Chapman

<https://amzn.to/361NrQR>

**Venus On Fire Mars On Ice: Hormonal Balance - The Key To Life, Love, And Energy**

John Gray Ph.D

<https://amzn.to/3JnbLeo>

## **The Go-Giver Marriage: A Little Story About The Five Secrets To Lasting Love**

John David Mann & Ana Gabriel Mann

<https://amzn.to/3qcIIDL>

## **Out Of Touch: How To Survive An Intimacy Famine**

Michelle Drouin

<https://amzn.to/3ifZvR8>

## **The Honeymoon Effect: The Science of Creating Heaven on Earth**

Bruce H. Lipton

<https://amzn.to/3lWa8mY>

## **Secure Love: Create A Relationship That Lasts A Lifetime**

Julie Menanno

<https://amzn.to/48MvMaR>

## **A Soulful Marriage**

Rachel Glik, EDD, LPC

<https://amzn.to/3litOHj>

## **Open Relationships/ Polyamory**

### **Sex At Dawn: How We Mate, Why We Stray, And What It Means For Modern Relationships**

Christopher Ryan

<https://amzn.to/34LTVTc>

### **Opening Up: A Guide To Creating And Sustaining Open Relationships**

Tristan Taormino

<https://amzn.to/37CAtcM>

### **The Ethical Slut: A Practical Guide To Polyamory, Open Relationships, And Other Freedoms In Sex And Love**

Janet W. Hardy & Dossie Easton

<https://amzn.to/3weX1e0>

## Hormones

### **The Miracle Of Bioidentical Hormones**

Michael E. Platt MD

<https://amzn.to/3wiFPet>

### **Adrenaline Dominance**

Michael E. Platt MD

<https://amzn.to/3wdgg7J>

## Health

### **Breath: The New Science Of A Lost Art**

James Nestor

<https://amzn.to/37KLGGrG>

### **Conscious Breathing: Discover The Power Of Your Breath**

Anders Olsson

<https://amzn.to/3Nic10w>

### **Your Body's Telling You: Love Yourself!: The most complete book on metaphysical causes of illnesses & diseases**

Lise Bourbeau

<https://amzn.to/3JhDg96>

## Personal Development

**The ONE Thing: The Surprisingly Simple Truth Behind  
Extraordinary Results**

Gary Keller and Jay Papasan

<https://amzn.to/3Je0fls>

**The Miracle Morning: The Not-So-Obvious Secret Guaranteed to  
Transform Your Life (Before 8 AM)**

Hal Elrod

<https://amzn.to/3MYs8QC>

**The Four Agreements: A Practical Guide to Personal Freedom**

Don Miguel Ruiz

<https://amzn.to/3Dw677G>