

# RESOURCES



for Deep Intimacy  
& Sexual Freedom

by Eva Blake

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# About Eva

Hey lover, I'm Eva.

I'm a sex, love, and leadership coach.

I work with women and couples to reclaim their pleasure, deepen their intimacy, rise up in their leadership, and create lives that are luxurious, authentic, and passionate.

I created this Resource list of materials that I have personally enjoyed on my sexual liberation journey.

This is not an exhaustive list meant to cover every imaginable topic, but a good start.

All titles and products are linked for your convenience.

**'Free your sex,  
transform your life.'**

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# MEDIA

## Featuring Eva

**Liberating Desire** with Eva Blake on YouTube

**Eva Blake on Instagram**

**Eva's Private FB Community**

MEDIA

**Self-Love & Intimacy:** Be She Podcast

**Liberating Sexual Desire:** Love on the Air Podcast

**Sex Coach Eva Blake: Liberating Desire** Clone-a-Willy Blog

**No Walk of Shame, Hearts and Other Sex Parts**  
Podcast 42 minutes.

Eva Blake, **The Sexual Philosopher Podcast** (starting 2:50)

**The Sex Workers Who Help their Female Clients Come Out**, by Sofia Barrett-Ibarria



# BOOKS

## HUMAN SEXUALITY

**Vagina: A New Biography** by Naomi Wolf

**The Erotic Mind** by Jack Morin

**Cunt: A Declaration of Independence** by Inga Muscio

**Reclaiming Eros: Sacred Whores and Healers** by Suzanne  
Blackburn and Margaret Wade

**Sexual Intelligence** by Marty Klein

**Sacred Pleasure: Sex, Myth, and the Politics of the Body - New  
Paths to Power and Love** by Riane Eisler

**The Chalice and the Blade** by Riane Eisler

**The Politics of Lust** by John Ince

**Sex at Dawn: How We Mate, Why We Stray, and What It  
Means for Modern Relationships** by Christopher Ryan and  
Cacilda Jethå



# BOOKS

## ANATOMY/PHYSIOLOGY & SOMATICS

**Come As You Are: The Surprising New Science That Will Transform Your Sex Life** by Emily Nagoski

**Anatomy of Arousal: Secret Maps to Buried Pleasure** by Sherri Winston

**Female Ejaculation and the G-Spot** by Deborah Sundahl

**Atlas of Human Anatomy 5th Edition** by Frank Netter

**A New View of a Woman's Body: A Fully Illustrated Guide** by the Federation of Feminist Women's Health Centers

**The Clitoral Truth** by Rebecca Chalker

**A Headache in the Pelvis: A New Understanding and Treatment for Chronic Pelvic Pain** by David Wise, PhD and Rodney Anderson, M.D.

**Out in the Open: The Complete Male Pelvis** by R. Louis Schultz, PhD

**The Multi-Orgasmic Man: How Any Man Can Experience Multiple Orgasms and Dramatically Enhance his Sexual Relationship** by Mantak Chia and Douglas Abrams

**Hung Jury: Testimonials of Genital Surgery** by Transsexual Men edited by Trystan T. Cotten



# BOOKS

## DEVELOPING YOUR PERSONAL PRACTICE

**Ecstasy is Necessary: A Practical Guide** by  
Barbara Carrellas

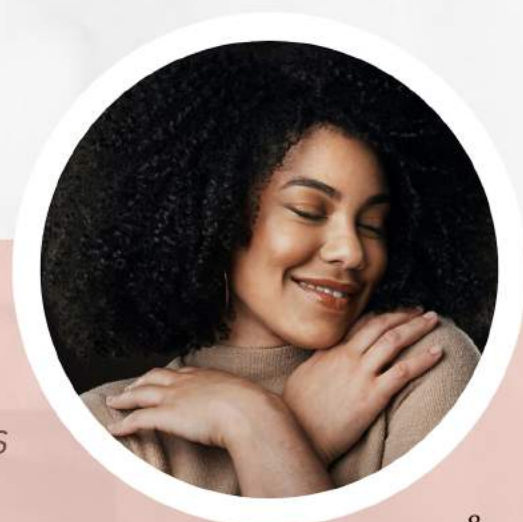
**Succulent SexCraft: Your Hands-On Guide to  
Erotic Play and Practice** by Sheri Winston

**Cockfidence: The Extraordinary Lover's Guide to  
Being the Man You Want to be and Driving  
Women Wild** by Celeste Hirschman, MA and  
Danielle Harel, PhD

**Men's Healing: A Toolbox for Life** by Alan Lyme,  
David J. Powell, Stephen Andrew

**Non-Violent Communications: A Language of  
Compassion** by Marshall B. Rosenberg, PhD

DEVELOPING YOUR PERSONAL  
PRACTICE





# BOOKS

## COMMUNICATION, RELATIONSHIPS, & CONSENSUAL NON-MONOGAMY

**Mating in Captivity: Unlocking Erotic**

**Intelligence** by Esther Perel

**State of Affairs: Rethinking Infidelity** by Esther

Perel

**Hold Me Tight: Your Guide to the Most Successful Approach to Building Loving**

**Relationships** by Dr Sue Johnson

**Opening Up: A Guide to Creating and Sustaining Open Relationships** by Tristan Taormino

**The Ethical Slut: A Guide to Infinite Sexual Possibilities** by Dossie Easton and Catherine A. Liszt

**More than Two** by Franklin Veaux & Eve Rickert

**Non-Violent Communication: A Language of Compassion** by Marshall B. Rosenberg, PhD

COMMUNICATION / RELATIONSHIPS +  
CONSENSUAL NON-MONOGAMY

# BOOKS

## EROTICA



With a plethora of erotica out in the world -- in print and online -- you don't have to go far for titillating material.

The following two authors have written many how-tos and erotic anthologies from a feminist, sex, and body-positive perspective.

**Tristan Taormino** has written a wide variety of guides for great sex and edited a number of erotic anthologies. Here are a few good ones.

**Take Me There: Trans and Genderqueer Erotica**  
**Sometimes She Lets Me: Best Butch Femme Erotica**  
**Best Lesbian Erotica**  
**Luscious: Stories of Anal Eroticism**  
**Stripped Down: Lesbian Sex Stories**

**Rachel Kramer Bussel** is a prolific writer of smut and sex material.  
**Best Women's Erotica Volume 4**  
**Please, Sir: Erotic Stories of Female Submission**  
**Irresistible: Erotic Romance for Couples**  
**Anything for You: Erotica for Kinky Couples**  
**Big Book of Orgasms: 69 Sexy Stories**

# EROTICA

## SHORT STORIES & AUDIOS



**Online Erotica Collections** -- by amateur writers. Quality varies both in plot and grammar

**LitErotica**

**Kristen's Collection**

**Alt.Sex**

**Stories Text Repository**

**Audio Erotica**

Stories read out loud.

**When She Was Good: Best Lesbian Erotica**

**Luscious: Stores of Anal Eroticism**

And, search Audible

Amateurs speak their fantasies, some include their own masturbation and orgasm.

Reddit: **r/gonewildaudio**

EROTICA



# Pornography

## AUDIO & VISUAL

These are links to pornography that features a wide variety of bodies, sexualities, abilities, and kinds of sex. This porn is so great!



**Erika Lust & Lust Cinema** -- pretty people doing dirty things

**Indie Porn Revolution & No Fauxxx** -- lots of diversity of bodies, races, genders, etc

**Shine Louise Houston & Pink Label TV** -- HUGE Collection including the epic Crash Pad Series

**Make Love Not Porn** -- Real world porn with real world people

And **here's a fun list from Glamour**

PORNOGRAPHY

# TOYS

## TOYS

\*All toys that touch your genitals need to be of the highest quality non-porous material. This includes silicone, metal, glass, acrylic, some specially created woods.

### Vibrators

**Hitachi Magic Wand** -- deep rumbling vibrations with speed variations and intensities. (Eva's favorite!)

**Lelo** -- line of goodies. I have tried a variety of these toys, but I find the Magic Wand to be the best for me.

**SheBop's** selection of vibrators.

### G-Spot Toy

**N'Joy S Curve Barbell** -- G Spot favorite. N'Joy has a range of styles to try.

### Dildos

**Vixen VixSkin** -- glorious high-quality silicone, in a variety of colors, sizes, and styles!

---> This is Eva's favorite! <---

### Butt Plugs

Check out this range from the **Stockroom**.

This is the **Perfect Plug** -- excellent for a beginner!

**Aneros** -- a plug designed for prostate pleasure



# LUBE

## LUBRICATION

**Lube** is fucking fabulous. I believe it is beneficial for everyone involved to have some on hand when the need arises.

**Collective Wellbeing Good Glide** -- water-based, aloe-infused, slick, and lovely lube. (This is Eva's personal favorite.)

**Blossom Organics** -- Natural Moisturizing Personal Lubricant

**Aloe Cadabera** -- Natural Personal Lube, Organic

**Sliquid Organics Lube**



# STEPS FOR SUCCESS!

## 01

### HAVE FUN!

Sex with yourself or another is about connection and pleasure.

Let these resources open your eyes and mind to new information, different perspectives, and a world of possibilities.

All your relationships are influenced by the relationship you have with yourself. Be curious, kind, and courageous with yourself on your sexual liberation journey.

You deserve all the pleasure and connection you desire.

## 02

### BOOK A CALL WITH EVA!

**Are you ready to finally have sensational sex and a deeply connected, intimate partnership?**

Email me directly at [Eva@LiberatingDesire.com](mailto:Eva@LiberatingDesire.com)  
with the subject line, "I'M READY!"

Send your name and phone number.  
We will schedule a call to talk about what you truly desire in your sex life and what is getting in the way.  
And, I'll give you expert recommendations for your best next steps.