

## Websites

- Multidisciplinary Vulvodynia Program is part of BC Centre for Vulvar Health: [www.bcvulvarhealth.ca](http://www.bcvulvarhealth.ca)
- National Vulvodynia Association [www.nva.org](http://www.nva.org)
- North American Menopause Society [www.menopause.org](http://www.menopause.org)
- Vulval Pain Society [www.vulvalpainsociety.org/](http://www.vulvalpainsociety.org/)
- Sexuality and You [www.sexualityandu.ca](http://www.sexualityandu.ca)
- The National Women's Health Information Center [www.womenshealth.gov](http://www.womenshealth.gov)
- The Society of Obstetricians and Gynaecologists of Canada [www.sogc.org](http://www.sogc.org)
- American College of Obstetricians and Gynecologists (ACOG) [www.acog.org](http://www.acog.org)

## Books

### Vulvar pain

- *The Vulvodynia Survival Guide*, H. Glazer
- *The V Book*, E. Stewart

### Chronic pain

- *Train your mind, change your brain: How a new science reveals our extraordinary potential to transform ourselves*. S. Begley
- *Explain pain*. D. Butler, & L. Moseley
- *The brain that changes itself: Stories of triumph from the frontiers of brain science*. N. Doidge
- *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face*
- *Stress, Pain, and Illness*, J. Kabat-Zinn.
- *Managing pain before it manages you*. M. Caudill,

### Mindfulness

- *Wherever You Go, There You Are*, J. Kabat-Zinn
- *Stress, Pain, and Illness*, J. Kabat-Zinn.
- *The Miracle of Mindfulness: A Manual on Meditation*, T. N. Hanh
- *The mindfulness solution to pain: Step-by-step techniques for chronic pain management*. J. Gardner-Nix.

### Sexuality

- *When Sex Hurts*, Goldstein, Pukall & Goldstein
- *A Women's Guide to Overcoming Sexual Fear and Pain*, A. Goodwin
- *The Guide to Getting it On*, 7th Edition, P. Joannides (6th or 7th editions of this book discuss excellent techniques of non-penetrative sexual activity.)
- *Pleasures*, H. Hutcherson
- *Getting the Sex You Want*, S. Leiblum and J. Sachs
- *Resurrecting Sex*, D. Schnarch
- *Passionate marriage*, D. Schnarch
- *For each other: Sharing Sexual Intimacy*, L. Barbach
- *For yourself: The Fulfillment of Female Sexuality*, L. Barbach

## Miscellaneous

- *Mind Over Mood: Change How You Feel by Changing How You Think*, D. Greenberger and C. Padesky.
- *The Seven Principles for Making Marriage Work*, J. M. Gottman
- *Mating in Captivity*, E. Perel
- *When the Body Says No*, G. Mate

## CDs

### Progressive Muscle Relaxation

- Banyen Books, 3608 West 4th Avenue, Vancouver. [www.banyen.com](http://www.banyen.com)
- Odin Books, 1110 West Broadway, Vancouver, [www.odinbooks.ca](http://www.odinbooks.ca)
- The Changeways Relaxation Program with audio CDs available in male or female voices, and in Spanish, Cantonese, and Mandarin through Amazon.com: Downloadable
- MP3s by Edward Charlesworth or Beth Salcedo or Julie Milne
- CD by Carolyn McManus or Heidi Minnick

## Mindfulness

- <http://www.mindfulnessstapes.com/series1.html>
- <http://store.soundstrue.com/aw00966d.html>
- <http://www.amazon.com/Guided-Mindfulness-Meditation/dp/1591793599>

## Audio-recordings

### Body Scan

- Jon Kabat-Zin <http://www.mindfulnesscds.com/series1.html>  
4-CD set available  
CD #1: Body Scan Meditation 45 minutes  
CD #2: Mindful Yoga 1 45 minutes  
CD #3: Sitting Meditation 45 minutes  
CD #4: Mindful Yoga 2 45 minutes  
Also sold on audio tape, in a 2-tape set
- •“Guided Mediations: Body scan Meditations” by Bodhipaksa  
<http://www.learnoutloud.com/Sale-Section/Religion-and-Spirituality/Prayer-and-Meditation/Guided-Meditations-Body-Scan-Meditation/17427#>  
25 minute guided body scan by Bodhipaksa.  
Download cost in USD. Free 2 minute sample available; Male narrator
- Free download  
<http://www.archive.org/details/MCullenBodyScanMeditation>  
30 minute guided body scan by M. Cullen; Female narrator
- Free download  
<http://www.buddhanet.net/audio-meditation.htm>

20 minute guided body scan by Malcom Huxter; Male narrator  
This website has numerous free meditation/mindfulness audio files available.

- Free download  
[http://www.bhavanasociety.org/resource/body\\_scan\\_meditation/](http://www.bhavanasociety.org/resource/body_scan_meditation/)  
45 minute guided body scan by Bhante Y. Rahula, with an 8-minute long explanation of the purpose and principles of the body scan. Live recording from a 2008 yoga retreat; Male narrator
- Free download  
<http://www.freebuddhistaudio.com/talks/details?num=LOC78>  
33 minute long guided body scan by Vidyamala; Female narrator

### **Companies/Store specializing in Sexuality**

- The Art of Loving  
1819 West 5<sup>th</sup> Ave, Vancouver, BC  
[www.artofloving.ca](http://www.artofloving.ca)
- Womyn' Ware  
896 Commercial Dr, Vancouver  
[www.womynsware.com](http://www.womynsware.com)
- Little Sisters Books & Art Emporium  
1238 Davie St, Vancouver, BC  
[www.littlesisters.ca](http://www.littlesisters.ca)
- Good For Her  
175 Harbord St, Toronto, Ont  
[www.goodforher.com](http://www.goodforher.com)
- Honey Gifts  
3448 Cambie St, Vancouver, BC  
[www.honeygifts.comm](http://www.honeygifts.comm)
- Love Nest  
119 East 1<sup>st</sup>, North Vancouver, BC  
[www.lovenest.ca](http://www.lovenest.ca)
- Come As You Are  
[www.comeasyouare.com](http://www.comeasyouare.com)
- Sexy Living  
[www.Sexy-living.com](http://www.Sexy-living.com)