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# The Ultimate Guide To Sex And Disability: For All Of Us Who Live With Disabilities, Chronic Pain, And Illness

T H E  
U L T I M A T E  
G U I D E T O  
S E X A N D  
D I S A B I L I T Y

For all of us who live with disabilities,  
chronic pain & illness

by Miriam Kaufman, M.D., Cory Silverberg, and Fran Odette



## Synopsis

The Ultimate Guide to Sex and Disability is the first complete sex guide for people who live with disabilities, pain, illness, or chronic conditions. Useful for absolutely everyone, regardless of age, gender, or sexual orientation, the book addresses a wide range of disabilities - from chronic fatigue, back pain, and asthma to spinal cord injury, hearing and visual impairment, multiple sclerosis, and more. Expertly written by a medical doctor, a sex educator, and a disability activist, The Ultimate Guide provides listeners with encouragement, support, and all the information they need to create a sex life that works for them. The authors cover all aspects of sex and disability, including building a positive sexual self-image; positions to minimize stress and maximize pleasure; dealing with fatigue or pain during sex; finding partners and talking with them about sex and disability; adapting sex toys; and more.

## Book Information

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#428 in Books > Audible Audiobooks > Nonfiction > Reference

## Customer Reviews

We are sexual beings. Some of us are dealing with disabilities that interfere with our sense of sensation and touch. We also are dealing with body image issues. This book encourages wholeness throughout the entire individualized process and offers tips to maintain or restore normalcy and romance to a relationship impacted by a disability.

I have never seen a book like this before! I am always looking for new information on how to cope with my disability. It is often assumed that people with disabilities are non-sexual or should be non-sexual... but this is a stupid idea and this is why the disabled community are so often abused

sexually and in relationships. There need to be more books like this!

Well written and full of essential information. Great job! Highly recommend!

A breath of fresh air for the physically challenged/disabled. Yes, romance is possible. Yes, physical intimacy is possible - and not solely the province of the perfect. This book should be in the library of any professional care/health provider who works with the physically disabled/challenged.

My only issue with this book is that 2/3 of the authors seem to be lesbians. I would have preferred a book that focused more on straight people of both genders. But I agree with the overall premise that disabled people like me ought not to have to say goodbye to any prospects of sexual relationships. I HAVE to agree with the premise. I'm a 58-year-old male virgin. Either I will experience sex as a disabled man, or I will never experience it at all!

It is informative to some level in the personal level as if you talking to a friend or looking friendly advice or tips online. Yet, on the academic level the information is not really there. Everything in this book can be found easily online for free. I had a paper to do on sex and disability and I thought this book will help and all the info was good but not useful for my paper, and I realize I knew the information already from researching online. Yet , I think its ok to have a print copy for future use or to give as a gift to someone with a disability.

This was a very informative read. A LOT of information presented in an easily understandable format. I would recommend it.

One of the best guides I've read. Highly recommended

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