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A deep dive into sexual and erotic diversity to help us challenge our preconceived ideas about sexuality and eroticism.

- It encourages us to think outside of the heteronormative narratives and opens our minds to the wide variety of ways people live their lives.
- A reference point to sexual and erotic diversities, written in plain English and in a conversational style.
- A must-read for practising psychotherapists, counsellors, and psychoanalysts, social care professionals, and all who want to learn more about sexuality and eroticism.

'Silva Neves provides a friendly, accessible introduction of what to be aware of when exploring clients' erotic worlds, and signposts valuable resources for further reflection.'

Meg-John Barker, author of *Sexuality: A Graphic Guide*

'This book empowers us to comprehend contemporary sexuality with greater compassion and wisdom. It is an indispensable resource for every clinician's library.'

Dominic Davies, founder of Pink Therapy

'This is an excellent book on sexual diversity from Silva Neves who writes very clearly and demystifies much of the contemporary rhetoric around the subject. It is very readable, clearly set out, and, importantly, enjoyable to read. This book would be an excellent resource to students, qualified therapists, and those in related professions.'

Jo Coker, counselling psychologist, director of therapy and training standards

This book is an in-depth exploration of the vast diversity of sexual and erotic orientations, including heterosexual, lesbian, gay, bisexual, and queer identities, as well as erotic diversity from Vanilla to kink and everything in between. It offers a frame of thinking based on intersectionality and attempts to offer a definition of the different identity terms, acknowledging that language is fluid and changeable, which helps us to be more aware of the language we use. It enables us to challenge our preconceived ideas and assumptions regarding sexuality and eroticism, and to continue learning and staying curious about diverse communities, cultures, and subcultures in the sexuality and erotic arenas. The concepts discussed are brought to life with stories from the consulting room and the world outside. This gem of a book not only teaches but also offers opportunities for self-reflection.

Silva Neves is an award-winning, COSRT-accredited and UKCP-registered psycho-sexual and relationship psychotherapist, and a trauma psychotherapist. He is a Pink Therapy Clinical Associate. Silva is a member of the editorial board for the leading international journal *Sexual and Relationship Therapy*, published author and co-editor, and contributor to many esteemed publications. He is an international speaker and his website is <https://www.silvaneves.co.uk>



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