

## CONTENTS

1. Introduction *page* 1
2. Sex and Desire 12
3. Development Issues around Sex 30
4. Healthy Sex 51
5. Too Little Sex 72
6. Too Much Sex 98
7. Sex and Physical Health 127
8. Drinking, Drugs, and Sex 148
9. Relationship Problems 168
10. Sex and Digital Technology 177
11. Diverse Aspects of Sex 195

## CONTENTS

12. Sex and Pandemics 211

*Appendix: List of Resources* 221

*Selected Literature and Further*

*Reading* 224

*Index* 237