Navigating Relationships with FSH: Resources

Books


*****Totally unexpected “self help” book, written by a hilarious autobiographical writer. Sharp, hilarious, completely honest. Like “Chicken Soup for the Soul” for cynical, sarcastic people 😊


***Useful if you are a parent or thinking about going to individual, family, or group therapy.


**Workbook. Kind of cheesy but has some good guides for planning your week, staying balanced.


****bell hooks is a noted cultural critic, feminist theorist, and scholar. Her books discuss oppression and politics. If you are interested in theory, she is a wonderful place to start.


*****Awesome book. Chapter on Sex & Disability is great. Fun, super easy to read, solid advice. Definite must have if you have or will have a teenager.


*****Really good resource. Covers a wide range of topics, language is accessible, sex-positive. Highly recommend!

***Good. Chapter on MD focuses too much on Duchenne’s (but what else is new). The first few chapters are the most helpful. See if you can snag a PDF copy of chapters 1-3 online.


****This is meant to be an academic text but it is actually a quick read and very informative. Chapters include narratives from couples, which can be really helpful.


***Super dense, difficult to get through. This is a good intro on Disability Studies/critical theory. If you’re not into that, don’t both with this one.


*****Riveting autobiography of a well-respected anthropologist who became a paraplegic and then a quadriplegic in his late 40s/early 50s due to a tumor that had grown around his spine. Really well written, explores the topic of disability throughout history and in different cultures as the author struggles to make sense of his own identity. Highly recommend.


****Cracked Bell Publishing was started by FSH’er Karen Myers. Her short story in this anthology will resonate with anyone who has FSH. All of the authors in this collection have various disabilities.


****Don’t be fooled by the ridiculous looking cover, this workbook is actually one of the most straightforward and helpful resources I have reviewed. The author is a clinical social worker and was disabled in the military. This is something you can do on your own, in a group, or with a therapist. Worth the $$.


***Another theory-heavy book. Great into to disability studies, interesting chapters on Helen Keller, Frida Kahlo, & Tennessee Williams.

**Critical theory focusing on feminism and disability. It is well-respected in the academic world but honestly, it’s a little whiny. Again, if you are into theory, go for it – you might love it. If not, save your pennies.**

**Journal Articles**

**I accessed most of these through my university. If you don’t have university access, search on Google Scholar. Full text results will have a link on the very right. If you can’t get the full-text for free, many journals offer reasonable fees for access to particular articles or volumes. You might also check your local library to see if they have any subscriptions to peer-reviewed journals.**


Websites

Resources for emerging adults and parents

Bad Cripple (Blog)
http://badcripple.blogspot.com/

Diary of a Goldfish (Blog)
http://blobolobolob.blogspot.com/2014/05/blogging-against-disablism-day-2014.html

IZadaptive (Retail: Designer clothing, created for sitting)
http://www.izadaptive.com/

Mitchell Tepper – Sexologist (Blog)
http://mitchelltepper.com/

Rolling Around in My Head (Blog)
http://davehingsburger.blogspot.com/

Rolling with the Punches (Blog)
http://loopys-rollingwiththepunches.blogspot.co.uk/

SexualityandDisability.org (Blog)
http://www.sexualityanddisability.org/default.aspx

She’s a Bibliophile (Blog)
http://shesabibliophile.wordpress.com/
Most fishing trips start early in the morning. If this is the case for you, make sure to get a good night’s sleep before you set out. This probably won’t be an issue if you’re fishing with your family, but if you’re in town with your buddies, a night of partying will come back to bite you, once you’re out on the water. The day of your trip has finally arrived – hurray! A friendly attitude and a respectful relationship will go a long way into making your time on the boat an enjoyable one. Many fishing guides are showmen full of amazing fish stories. Others might be a little quieter, but still no less of an expert. Learn how to fish, set hook, choose correct rod, fishing gear and tackle with these simple techniques. Get fishing tips from experts. This section covers everything from fishing for beginners and other fishing basics to in-depth details about gear and how to fish different environments. This is a beginner’s guide to fishing with info and fishing tips on each step-in learning how to fish. Get your Fishing License. Register your Boat. 7 Psychological Benefits of Fishing with a Fly Rod. Read More. 5 Fun Things To Do On Weekends To Connect with Your Tween.