Human Sexual Behavior: A Book Of Readings

Bernhardt Lieberman

The Kinsey Reports are two books on human sexual behavior, Sexual Behavior in the Human Male (1948) and Sexual Behavior in the Human Female (1953), written by Alfred Kinsey, Paul Gebhard, Wardell Pomeroy, Clyde Martin and others and published by Saunders. Kinsey was a zoologist at Indiana University and the founder of the Kinsey Institute for Research in Sex, Gender, and Reproduction (more widely known as the Kinsey Institute). Although human sexual behavior is much more complex than that seen in rats, some parallels between animals and humans can be drawn from this research. The worldwide popularity of drugs used to treat erectile dysfunction (Conrad, 2005) speaks to the fact that sexual motivation and the ability to engage in sexual behavior can also be dissociated in humans. The books, which were filled with statistics and scientific lingo, sold remarkably well to the general public, and people began to engage in open conversations about human sexuality. As you might imagine, not everyone was happy that this information was being published. In fact, these books were banned in some countries. Reading good books remains the supreme life hack—knowledge that often took years to assemble can be consumed in mere hours. I can’t think of a single better way to empower your learning (and yourself) than that. And as a professional, executive, or entrepreneur, the more you know about how people tick, the better. As a voracious reader of brainy books on influence and persuasion (not limited to academic coverage), I thought I’d mix things up with a few underrated suggestions that you won’t see on most bookshelves. Need more books to add to your bookshelf? Here, though, the lock-picking is substituted for human manipulation. This is not a book you read to copy specific methods; it’s one you read in order to understand. Buy the book.