

Hello lovely human,  
I have been saying I was gonna create a list of my favorite things as a survivor and that aids in my healing. Sooo I have broken it down into different categories and have provided links. Feel free to share with friends or treat yourself.

**Products are subject to change as new items are created and I find them. Or ill just add more :)**

Categories:

Books ↗

CBD things↗

Lubes↗

Bath things↗

Kink/BDSM↗

Internal Toys↗

External Toys↗

Penis Toys↗

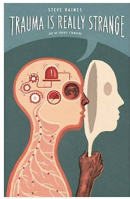
Butt toys↗

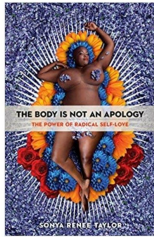
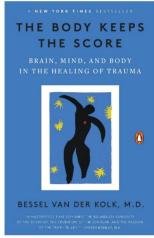
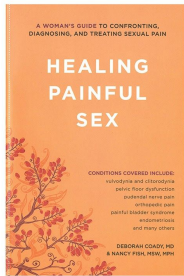
Podcasts↗

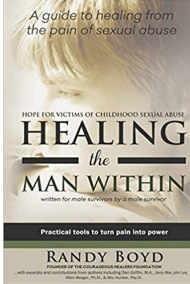
Online Support↗

**IN FULL TRANSPARENCY I AM AN AFFILIATE WITH MANY OF THESE COMPANIES! But, literally only because I LOVE THESE PRODUCTS SOO MUCH.**


## BOOKS:

	<p><b>Trauma Is really Strange:</b> I love that this is a comic series that addresses trauma in a way that doesn't shame. It allows you to learn about the brain and the body in a beautiful way. Not only is there great artwork but there are also trauma releasing exercises that you can try out.</p>	<p><a href="#">Click Here</a></p>
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	<p><b>The body is not an Apology:</b> This book is not only written by a beautiful human, it is coming from a beautiful space. This book goes into body shaming, body awakening, and the healing of the wounds inflicted by these violent systems.</p>	<p><a href="#">Click Here</a></p>
	<p><b>The Body Keeps the Score:</b> In The Body Keeps the Score, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments — from neurofeedback and meditation to sports, drama, and yoga — that offer new paths to recovery by activating the brain's natural neuroplasticity.</p>	<p><a href="#">Click Here</a></p>
	<p><b>Healing Painful Sex:</b> Healing Painful Sex includes medical checklists, illustrations, vignettes based on interviews with patients and their healthcare professionals, treatment options, and guidance for moving forward after healing. There is an abundance of tools and knowledge throughout this</p>	<p><a href="#">Click Here</a></p>

	<p><b>book.</b></p>	
	<p><b>Healing The Man Within:</b> Randy tells his story in a way that the lay-person can absolutely relate to. He talks candidly about the effects of male sexual abuse such as low self-esteem, low self-worth, self-doubt, sexual problems, un-forgiveness, anger, and rage. He talks about the direct correlation between sexual abuse and drug and alcohol addiction, as well as his drive to be successful in life at all costs as a way of proofing his worth as a man.</p>	<p><a href="#">Click Here</a></p>

## CBD

	<p><b>Foria Basics:</b> This broad-spectrum CBD Tonic is for daily wellness and helps unwind tension.</p>	<p><a href="#">Click Here</a></p>
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**Beboe's Calming Blend  
CBD Pen:**

It can help relieve stress, relieve pain, and even reduce inflammation without any of that funny business. Keeping you cool, calm, and collected, Calming Blend is the perfect way to unclench the mind and stay even.

[Click Here](#)



**Dr.Kerlaan Natural CBD  
Pain Cream:**

This natural relief cream (from Full Spectrum Hemp Oil) can help reduce pain. Use for localized relief with an added cooling effect from essential oils of Eucalyptus and Peppermint

[Click Here](#)




**Foria Intimacy:**

Foria's intimacy formulas use the timeless power of plants to awaken arousal and deepen sensual pleasure—solo or with a partner. These Intimacy CBD Suppositories are designed to help ease tension and elevate erotic enjoyment with the soothing and activating effects of broad-spectrum hemp extract in organic cocoa butter.




[Click Here](#)


## Lube

	<p><b>Sliquid Silk:</b> I love a good combo. This is an h2o and silicone blend.</p> <p>Easy clean up and great for play it blends greatly with your bodies own magic</p>	<p><a href="#">Click Here</a></p>
	<p><b>The Butters Lube:</b> I love all of the butters products. So you will see them throughout. But for my penis followers this is magical and all organic</p>	<p><a href="#">Click Here</a></p> <p>Use code “Jimanekia” to get 5% off order</p>
	<p><b>The Butters Lube:</b> An all-natural oil-based personal lubricant. Designed for the skin to skin contact. Formulated to be safe in all body orifices and perform better than anything you've tried before.</p>	<p><a href="#">Click Here</a></p> <p>Use code “Jimanekia” to get 5% off order</p>
	<p><b>Uber Lube:</b> I've been an UberLube gal for a minute... Now the clean up is not as nice as water-based lube. But that slip and slide mama likes</p>	<p><a href="#">Click Here</a></p>

	<p><b>Sexual Lubricants:</b> If you are looking for a flavored lube... Wicked's entire LINE is to die for. There are few lubes that I have tasted that didn't make me wanna throw the bottle</p>	<p><a href="#">Click Here</a></p>
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## Bath Things

	<p><b>Lavender Lover's Pack:</b> 1 of my fav bath bombs from The Butters I love most of their bath bombs honestly. But, this has been great when I was feeling anxious and stressed with the fresh lavender in it.</p> <p>And follow it up with the Lavender moisturizer... amazing</p>	<p><a href="#">Click Here</a></p> <p>Use code Jimanekia for 5% off total purchase</p>
	<p><b>Scrub Lovers gift pack:</b> I love baths and self-care things, in the bath :). I love scrubs because they feel great on the body, great for the body and smell amazing. I love this because you can also pick your faves</p>	<p><a href="#">Click Here</a></p> <p>Use code Jimanekia for 5% off total purchase</p>
	<p><b>2 in 1 invogoration shave oil:</b> She loves a good multi-use item. This amazing 2 in 1 shaving oil and aftershave.. whewww</p>	<p><a href="#">Click Here</a></p> <p>Use code Jimanekia for 5% off total purchase</p>

	<p>Oooh, bath bombs! These infused bath bombs are handcrafted using the best infused ingredients and deliver about 100MG of pure relaxation per bath. No psychoactive effects though, only total body decompression ♥ And there are soooo many different options!! You want these</p>	<p><a href="#">Click Here</a></p>




## Kink & BDSM



	<p><b>Scandal Feather Crop:</b> A love that one end it is cute,soft and on the other end you have a lovely crop. Best of both worlds, as well as different types of sensation play.</p>	<p><a href="#">Click Here</a></p>
	<p><b>Kink Spike 3 wheel:</b> Wartenberg wheels are really fun for sensation play. They have different amounts of wheels as well.</p>	<p><a href="#">Click Here</a></p>

	<p><b>Aslan Cumfy Cuffs:</b>          These cuffs are study but fun. I love a good wearable that can be worn in the bedroom and or out and about... will folks just think they are bracelets?</p>	<p><a href="#">Click Here</a></p>
	<p><b>Sportsheets Saffron Love strap:</b>          Sometimes we need help in positions. I love a good support strap aid.</p>	<p><a href="#">Click Here</a></p>
	<p><b>Sex &amp; Mischief satin Blindfold:</b>          Sometimes letting go and not seeing what is happening can be really amazing for folks. This lovely mask comes in multiple colors.</p>	<p><a href="#">Click Here</a></p>






## Internal Toys


	<p><b>Stronic Surf:</b> This toy is kinda magical, with a hands-free thrusting and pulsating motion. 7 speeds and 3 rhythms.</p> <p>It has weight on it and ammmazing. Great solo or with a partner.</p> <p>Literally massages your insides.</p>	<a href="#">Click Here</a>
	<p><b>Sharevibe:</b> This is wearable or you can use it manually it is a fun toy that everyone can enjoy.</p> <p>2 toys in one with a 5-speed bullet also weee</p>	<a href="#">Click Here</a>
	<p><b>Womanizer Duo:</b> Womanizer products off the top while snatching an orgasm from you. As someone who is a fan of internal stimulation and clitoral, this is a great combo</p>	<a href="#">Click Here</a>

	<p><b>Silicon Dilator:</b>  I love that this set exists. All of our bodies are different and may change. I love that with the dilators you can work with your body and support yourself as need be.</p>	<a href="#">Click Here</a>
	<p><b>VixSkin by Vixed Raquel Dual Density</b></p> <p>If you are looking for something that is soft but firm and does not necessarily look like a penis...here ya go</p> <p>If this is your jam <b>SEARCH DUAL DENSITY TOYS</b></p>	<a href="#">Click Here</a>


### External Toys




	<p><b>Be One:</b>  is one of my favs. Fits between your fingers for a great hand toy. The sensations are very lovely.</p>	<a href="#">Click Here</a>
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	<p><b>Laya II:</b> I love the shape of this because it curves to the body.</p> <p>4 speeds and 6 vibrations</p>	<p><a href="#">Click Here</a></p>
	<p><b>Tenga Iroha Mini Vibrator:</b> If you are looking for something smaller with a possible direct play that is cheaper in cost this may be for you.</p>	<p><a href="#">Click Here</a></p>
	<p><b>Le Wand Rechargeable:</b> If you are a fan of strong vibrations and full body massage capability this is for you.</p>	<p><a href="#">Click Here</a></p>

	<p><b>Le Wand Chrome Bullet:</b> A bullet that delivers. I love that it is a fun play on the bullet. But with soo much more, try out the textured silicone sleeve for added pleasure!</p>	<p><a href="#">Click Here</a></p>
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## Penis folks

	<p><b>OhNut Custom penetration depth:</b></p> <p><b>I LOVE LOVE LOVE</b> that this exists. Because we all need different depths for our bodies. With this, you can set the depth and not have to worry about that accidental oops to deep</p>	<p><a href="#">Click Here</a></p>
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	<p><b>Fun Factory manta black line vibrator masturbator:</b></p> <p>This is so fun you can use it solo or with a partner. It can even be worn during partnered sex.</p>	<p><a href="#">Click Here</a></p>
	<p><b>Packer gear FTM Stroker:</b></p> <p>For my lovely trans humans check out this stroker that was created just for you</p>	<p><a href="#">Click Here</a></p>
	<p><b>Tenga Spinner Spiral masturbation cup:</b></p> <p>If you are looking for a stroker that each stroke is different and magical this is for you.</p>	<p><a href="#">Click Here</a></p>

	<p><b>VeDO Drive Vibrating silicone cock ring:</b></p> <p><b>If you are looking for a starter cock ring that has some vibration... HELLLLLOOOO</b></p>	<p><a href="#">Click Here</a></p>
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#### Butt Toys:

	<p><b>B Vibe Anal training and education:</b></p> <p><b>If you are looking to explore butt loving. This is the set for you and there is full book of education that goes along with it to answer all your first-timer questions.</b></p>	<p><a href="#">Click Here</a></p>
	<p><b>Colours Pride Mini Edition:</b></p> <p><b>If you are looking for something fun and colorful and safe for that tush</b></p>	<p><a href="#">Click Here</a></p>

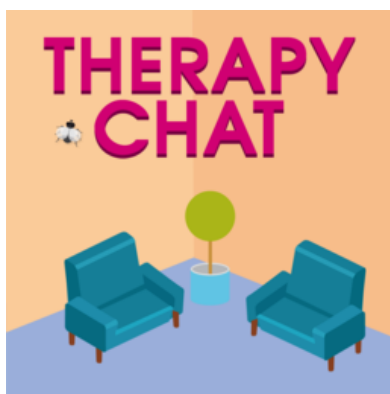
	<p><b>B-Vibe Snug and Tug Weighted Plug and Cock ring:</b></p> <p>If you are a penis haver and also want to enjoy penetration. This is the toy for you!</p>	<p><a href="#">Click Here</a></p>
	<p><b>Blush Temptasia Fuck me Silicone butt plug:</b></p> <p>Sometimes we want to make a statement as we play.</p> <p>There are other colors as well</p>	<p><a href="#">Click Here</a></p>
	<p><b>Blush Luxe Be Me 3 Silicone Butt Plug:</b></p> <p>If you are looking for something that while you play you can add enhancement and also enjoy that lovely reverse action check this toy out</p>	<p><a href="#">Click Here</a></p>

## Podcasts



**Trauma Queen:**  
 Trauma Queen is a podcast mini-series focused on normalizing the conversation around sexual assault and other traumas. Hosted by Jimanekia Eborn - Queer Media Consultant, Comprehensive Sex Educator, and Sexual Assault & Trauma Expert. Jimanekia will be talking with survivors, therapists, partners, educators, and experts. Real conversations with real people. Each episode will highlight active and productive steps forward as well as three new resources for survivors and allies. Let's heal together

Wherever you listen to podcasts... aka EVERYWHERE



**Therapy Chat:**  
 Laura Reagan, LCSW-C, Psychotherapist, Burnout Prevention Consultant and Certified Daring Way™ Facilitator interviews guests to discuss holistic and alternative approaches used in psychotherapy, counseling, coaching and healing sessions. Be a fly on the wall as therapists discuss the practice of psychotherapy and how they implement self care into their own lives to prevent therapist burnout. Conversations about mindfulness, self compassion, The Daring Way™, EMDR, art

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	<p>therapy, Sensorimotor Psychotherapy, other somatic methods, trauma, parenting, attachment will get you thinking deeply about therapy and the universal experience of being human, with all the joy and pain that entails.</p>	
	<p><b>The Grass Gets Greener:</b> This show is for survivors, by survivors. Each week I'm joined by an inspiring individual who has overcome a traumatic childhood to go on to not only survive, but thrive. Sharing their story to help inspire you to overcome the lasting effects of your childhood trauma. You will find that you are not alone in what you are going through, and that no matter how difficult things are now, there is always hope that you can transcend your past and live the life you were meant to live.</p>	<p>Wherever you listen to podcasts... aka <b>EVERYWHERE</b></p>
	<p><b>After:</b> Catriona Morton talks to fellow survivors of sexual assault and abuse about what happened to them and how they cope now.</p>	<p>Wherever you listen to podcasts... aka <b>EVERYWHERE</b></p>
<p>I will add more podcast</p>	<p>As I find them</p>	<p>That are inclusive</p>

## Online Support

<b>1 in 6</b>	<p>The mission of <b>1in6</b> is to help men who have had unwanted or abusive sexual experiences live healthier, happier lives.</p> <p>Our mission also includes serving family members, friends, partners, and service providers by providing information and support resources on the web and in the community.</p> <p>There are online support groups. And a 24/7 hotline support team</p>	<a href="#">Click Here</a>
<b>Healing Intersections</b>	<p>We believe that there is exponential healing potential in our bodies and hearts, only made stronger by outside reflection. Are you looking for community and a safe space to process your feelings?</p> <p>We create space for conversation, comradery, and mutual healing and expansion, starting from within.</p> <p>Is one of my companies we create space for femme sexual assault surviovr and sex workers. With online support groups as well as 1-1 support.</p>	<a href="#">Click Here</a>
<b>Victim Connect Resources Center</b>	<p>The VictimConnect Resource Center is a referral helpline where crime victims can learn</p>	<a href="#">Click Here</a>

	<p>about their rights and options confidentially and compassionately. A program of the National Center for Victims of Crime</p>	
<p><b>OVC Office of victims of crime</b></p>	<p>The Online Directory of Crime Victim Services, a resource from the Office for Victims of Crime (OVC). Since its launch in 2003, the Directory has helped thousands of crime victims and service providers find non emergency crime victim service agencies in the United States and abroad.</p>	<p><a href="#">Click Here</a></p>
<p><b>Sexual Assault Resources</b></p>	<p>A list of resources covering: Hotlines and call centers,Shelter and support spaces,Somatic work, Trauma informed yoga,animal therapy,art therapy,retreats books</p>	<p><a href="#">Click Here</a></p>