

00:00 [Introduction Music]

00:12 [McPherson] Welcome to “Practice Outside the Lines” podcast. I’m your host, Heather McPherson, multi-passionate, sexuality entrepreneur. Join me as we learn from the people who are working at the leading edge of sexuality. We’ll listen in to how it all happens, as they share all the secrets to mind-blowing success.

San Francisco journalist, Michael Castleman is on with me today. He’s the author of *Sizzling Sex for Life: How to Maximize Erotic Pleasure at Any Age*, which actually comes out in January 2021. You’ve been writing about sex and research for forty-six years. I’m so excited to talk with you. Welcome to the podcast.

[Castleman] Thanks so much for having me on.

01:01 [McPherson] So, you started out—I think you started out with a couple of different careers, per se. I don’t know if that’s what you would call it. But you started out publishing mystery novels? Is that right?

01:13 [Castleman] Well, I have written us a mystery series, but primarily for most of my working life I’ve been a health and medical journalist. “Health” defined broadly from staying well, and optimal wellness, and mainstream medicine, alternative therapies, nutrition, fitness, and sexuality. And I’ve been writing about sexuality from the very start since 1974.

[McPherson] Wow!

01:45 [Castleman] And you know, I was a freelance magazine writer. And so, in that occupation you just say “yes” when editors call. “You wanna do a story about this?” The answer is always “yes.” So some years, I wrote a great deal about sexuality, other years I wrote a little bit less. But I also worked for—I wrote a newsletter for a sex toy company for ten years. I answered all the sex questions for the Playboy advisor for five years. So, sex has always been a through line in my career. And for the last fifteen years, since 2005, I’ve been exclusively writing about sexuality and sex research, sex therapy, because I love the field, and it was the main part of my career that got me thank you notes. You know when you write an article about “six things you should know about Asthma,” I mean that’s important information, but I didn’t get any thank you notes. When you answer peoples’ sex questions, not always but sometimes, people say thank you. And that’s a wonderful little benefit that has kept me writing about sex.

03:01 [McPherson] Yeah, it's very nice to feel that appreciation and to know you're making a difference, and it's kept you going. You have written seventeen books, which kind of blows my mind. Sold more than 2.5 million copies. So, you are extremely successful journalist and writer. And your latest book, *Sizzling Sex*, as I've mentioned before, *How to Maximize Erotic Pleasure at Any Age*, I've actually had the pleasure of holding a copy in my hand, reading and skimming through. It's quite an intense book, it has so much information on it. How did you decide to write that book?

03:42 [Castleman] Well, basically I read a lot of sex books. And many of them are very good, but in the publishing field, sexuality is very much atomized. So, there's books about talking to your toddlers about sex, there's books about talking to your teenager about sex, there's books about dating, there's books about sex for the elderly, sex with people with disabilities. And they're all valid, but I kept feeling—it slowly dawned on me that there ought to be one comprehensive guide that engaged in all of them. Because what happens when you're young, the sex education you get or don't get when you're young has real implications for your life later. And I felt like it would be good to have a book that dealt comprehensively with sexual issues from the cradle to the grave. From young age to the oldest people. But that's a huge job, and when I jumped into it, I thought it was going to take a year and half to write the book. It wound up taking three years. And so, it really needs someone who has a lot of time, and I did have a lot of time. I'm sort of retired, I guess you could say. I'm seventy years old. The time was my own, and I thought, okay, this is how I'm going to spend my time. I'm going to write a really comprehensive, entirely evidence-based book. This book cites twenty-five hundred research studies. And I'm proud of that. I think it's very important that sexologists make their recommendations based on research evidence. So that was how it came about. And I'm really glad it's done.

05:43 [McPherson] [laugh] I can imagine! It's a fantastic book, as I mentioned I had the pleasure of reviewing it early, which I'm so thankful to you for. And it was just super comprehensive, it had so much information about sex in it. And I'm curious, did you pull some of the information that you've written on your Psychology Today blog all about sex over the years? Did you pull some information from that in order to write it, or was it all kind of from scratch per se?

06:13 [Castleman] Well, of course, what one writes in the past always has implications for what one is going to write in the future. Of course, I looked at old Psychology Today blog posts, I also publish a website, GreatSexGuidance.com, where I answer peoples' sex questions for free. And I've answered over twelve-thousand sex questions. So, between the blog and the answers to the questions, and then new research, I always re-research subjects that I'm writing, even if I've written about them before, because you

never know what has come out since the last time you've written about something. So, I was always researching, but I was reviewing my old stuff. And quite a few times I would research a subject by putting search terms into Google, and the first thing that came up was one of my old pieces. So, I thought, well, I guess I know enough about that subject.

07:14 [McPherson] [laugh] Right? I can imagine, writing about sex and sexuality for some-odd forty-six years or more has taught you a lot! How did you decide to become a journalist?

07:27 [Castleman] Well, I was originally a community organizer. I went to college in the 1960s, and I spent a lot of my time working to end the war in Vietnam, and that was essentially a community organizing experience, trying to get people together to express their opinions that we should end the war. And as a result of that, I wound up getting a job with a community medical clinic in Michigan, and I was one of the administrators at the clinic. And I had been an English major in college, and I loved to write. And I started doing patient handouts, and public health information for our clientele because it was quite clear to me that about two-thirds of the people who came to our clinic wouldn't have had to come there if they had some basic health information. So that got me starting to write about health, and then I started writing for a community newspaper. The same kind of stuff that I had been writing for my clinic. And one thing led to another and I eventually moved to San Francisco so that my wife could attend medical school, and I hooked up with some small news services in the Bay area, and I started writing about health for them. And that led to my career in magazine writing in health defined broadly, and sexuality was a big part of that. So that's how it happened.

09:03 [McPherson] It sounds like the transition from health to specifically sexuality was rather seamless.

09:08 [Castleman] It was. And the two are very much entwined. I mean, health considerations have tremendous impact on peoples' sexuality, and by the same token, a happy love life and an active sexual life is good for your health!

09:27 [McPherson] Right? Absolutely! I know you mentioned you're married to a person that went to medical school, presumably a doctor, did you have any other family members or friends that said, "What, you're going to write about sex now?"

09:43 [Castleman] Well, that always is the occupational hazard, as you know. A sexology professional, people think oh you're perverted, you're weird, you're a sex fiend. I was very fortunate to have grown up in a family where my parents were quite sex-positive. They took their sex education responsibilities for their children seriously.

And so, when I started writing about sexuality, I mean there was some, you know, jokes and tittering in the family, but my parents were very supportive of me. My in-laws were pretty supportive too.

[McPherson] That's amazing. How lucky!

10:26 [Castleman] Yeah, so I was very fortunate. A lot of people have very fraught family histories with sexuality, and I did not have that.

[McPherson] Sure. And I can imagine being in San Francisco is a little bit different as well.

10:39 [Castleman] Well, San Francisco has a reputation as a wide-open, sexually wild town, but the fact is that San Francisco is also a very Catholic city. And when the birth control pill was introduced in the early 1960s, San Francisco General Hospital came under tremendous pressure from the Catholic church not to prescribe it, and did not prescribe it for several years. So, you know, even in places that have reputations for being sexually open, those reputations aren't necessarily true.

11:21 [McPherson] Sure, and there's definitely still pockets of, you know, conservative communities and other parts of the whole metro area that I'm sure is very conservative.

11:33 [Castleman] And there are. One of the things about sex that is so interesting is that a lot of politically conservative people are fairly sex-positive. And a lot of politically liberal people can be rather sex-negative. So, sex exists in its own little capsule, its own little bubble. And everyone's sexuality is remarkably unpredictable.

11:56 [McPherson] You mentioned just a couple minutes ago that your parents were fairly sex-positive and they took the education around sexuality and dispersing that information to you rather seriously. When did you first realize that they were sex-positive?

12:12 [Castleman] Well, when I was seven years old and my mother sat me down and read me a book called *How I Was Born* that described human reproduction. And I remember being astonished to learn about all this. And I realized at the time that it was sort of adult information, and that my parents trusted me with adult information. And that made me feel good about myself. And in my family, it wasn't like we were you know chattering about sex all the time, but my parents were pretty sex positive. And I'm very, very grateful, life-long gratefulness for that.

12:57 [McPherson] I love that. That you realize the responsibility that came along with that, and it gave you confidence that they trusted you with that information. That's amazing.

13:06 [Castleman] Yeah, and I mean the research is very clear, that the more parents talk about sexuality with their children, the more sexually responsible those children are. So, if you look at the teens who get pregnant, who are sexually irresponsible, by in large, their families did not discuss much about sex. The more parents talk about sex, the better it is for their children's sexual responsibility. In fact, the children generally delay sexual initiation by at least a year compared with kids from sex-silent families. Parental discussions of sexuality are much more important to young people than sex education in public schools. Sex education in public schools, I have a whole chapter in my book on this, sex education in public schools is often conceptualized as a huge battle between people who want abstinence-only and the people who want so called comprehensive sex education in that discusses all the birth control methods. Now, I'm all for discussing birth control methods with young people, but the research is very clear that neither abstinence-only nor comprehensive sex education in schools really make that much different to teenagers' behavior. The one and only thing that really affects teens' behavior in big ways is parental discussions of sex in the home.

14:47 [McPherson] Exactly, yeah. Yep, it's amazing how much research is out there that kind of confirms this is how we should be doing it. Yet there is so much happening in our communities and our schools that is quite the opposite. I grew up in Texas, so as you can imagine, definitely was abstinence-only education. It wasn't as bad as the rural parts of Texas, but yeah.

15:13 [Castleman] You know there's this huge battle about sex education in public schools. My attitude these days is that sex education in schools should be halted. Instead, school systems should run night classes for parents about how to talk to your kids about sex. That would be much more effective. And the research is very clear it would be more effective. And it would also end the huge political battle we have about whether there should be sex education in schools and what it ought to entail. What it ought to entail is equipping parents to feel more comfortable talking about their own values with their kids.

15:55 [McPherson] Is that something you've done before? Have you kind of taken up that role and educated or counseled parents on how to talk to their kids about sex, aside from writing these books?

16:05 [Castleman] Well, mostly I've done—mostly I'm a journalist. But whenever I'm asked about it, I'm always happy to advocate for parents being more empowered to talk about sex with their kids. And it's not easy. You know, I've got kids. When my kids were teenagers, I had been a sex writer for fifteen, twenty years, and I still had some trouble talking about sex with my own children. So, I think parents need a lot of support from each other and from authorities, and the best way to do that would be night classes in schools to help parents discuss with their kids this very important aspect of life.

16:54 [McPherson] Sure. How has your career as a journalist impacted your work in the sexuality field? Cause I can imagine, it's obviously not very common. I think you're one of the only journalists that's on the AASECT list serve, which is the American Association for Sexuality Educators Counselors and Therapists. And so, I'm curious, how does that work for you?

17:14 [Castleman] Well, generally I've received a very warm welcome from people in sexology, although one sex organization refused to admit me, to have me as a member because I was a journalist. They shall remain unnamed.

[McPherson] [laugh] We can probably guess.

17:35 [Castleman] You know, being one of the only journalists in the field—I mean, plenty of journalists write about sex. Journalism is absolutely like littered with sex. But not many of those people make a career out of it. And not many of those people really delve deep into the research literature to find out what's really known. Or they cover one study and without realizing that there have been twenty-five other studies in the same area that may have said something else. So, I feel like my status as a journalist opens a little bit of a different window into the field for people. I mean, I have tremendous respect for all of the sex therapists who write articles and books about sex therapy. I have tremendous respect for the college sex educators who teach college sexuality and often write books about it. But the fact that I'm a little different means that I see things a little differently, and hopefully that slight different perspective has some value.

18:51 [McPherson] I can image it has huge value. And I can imagine being a journalist and not a clinician helps you reach more people, and gets your books, and your articles, and information in the hands of more people. Cause it's probably a little bit less threatening. How does being a journalist and not a clinician inhibit you?

19:10 [Castleman] Well, I don't do therapy. So, on my website GreatSexGuidance.com, people ask me questions. And about one-third of the people, I just answer the question. They have a question; I answer it. For about one-third of the people, they have a

question whose answer requires a little bit of counseling. And so, I do a little bit of informal sex counseling. And then one-third of the people have sex questions that clearly show that they have significant relationship issues. And for those people, I urge them to consult a sex therapist. So, as a journalist, I wind up in a sort of triage function. Answering the questions I can easily answer, providing a little minimal counseling where it's necessary, and then for about a third of the people I refer them to AASECT to find a sex therapist near them. Because I'm not a therapist, and I'm not going to sit down with people an hour a week for you know six months. That's not what I do. But fortunately, there's a lot of other people who are very good at doing that. And I find I hook people with sex issues up to sex therapy.

[Intermission]

20:34 [McPherson] Today's episode is brought to you by Practice Outside the Lines. Have you heard of our podcast community? It's called Sexcasters, and it's a platform for sexual health providers that want to launch or grow a podcast. Sexcasters is a badass community for all sexual health professionals. So, whether you're dipping your toes in, or you already have hundreds of episodes, Sexcasters is for you. Join our waitlist now at PracticeOutsidetheLines.com.

[Intermission end]

21:08 [McPherson] So, what lessons have you learned from being in this unique position as a journalist and not a clinician or counselor?

21:17 [Castleman] Well, I think that the one important lesson is that everyone is sexually unique. That our sexuality is as unique as our DNA, as our fingerprints, as our tastes in food, clothing, and movies. The science of sexology—science is all about seeing patterns in existence, and a lot of people in the sex field will say, well this is what's conventional, or that's what's conventional, or most people do this, most people do that. And yes, there are trends in sex and love-making, but the deeper truth is that we are all sexually unique. And we all have to discover our own unique sexuality. And the best way to do that, in my opinion, is to have access to comprehensive sex information that shows you the vast array of sexual possibilities and invites people to decide what's right for them. And so, that's what I think has been my attitude and perspective, and over time that's only grown. I'm more convinced than ever that everyone is sexually unique.

22:43 [McPherson] Absolutely. And I love how when you were talking about what helps you, and what inhibits you, you kind of just went into the PLISSIT model. You know, you

gain permission, limited information. And I think that's so powerful to think through that whenever you're in different roles within this field.

23:01 [Castleman] Yes, so I knew, who was it, Jack Annon who came up with the PLISSIT model.

[McPherson] Yeah, very cool, you knew him! That's awesome!

23:08 [Castleman] I knew him in the 1970s. And I said to him, Jack, you know I love your model except I don't like that limited information thing, that's like a putdown. I told him he should say "permission *necessary* information," not "limited." Necessary. You tell people what's necessary. And that's what they need to know. He said thank you very much, and he went on and kept limited in there. So that's what we have, is the PLISSIT model.

23:38 [McPherson] I wonder if part of that was him, you know, in terms of where people's sexual development level is, but then you're kind of being the authoritative matter and deciding how much information to give someone. So, I can see where you're coming from.

23:52 [Castleman] Yeah, I mean, it's a small distinction. But yes, I think you want to answer people's questions briefly and then ask them if they want to know anything else. And that model works pretty well.

24:08 [McPherson] So, how did you learn all about sexuality? Like, everything. Enough to put this into the most comprehensive guide I've seen. Where did you learn all this from? Cause you know, as a journalist, your education was in journalism and writing, so I can imagine there was years and years of research and you know reading all the books that you can get. Do you have any formal training, or go to any workshops, or classes? Where did you get all it from?

24:33 [Castleman] Oh yeah, well as a journalist I've spent years interviewing the nation's leading sex therapists and sex researchers. And I also—I've never been intimidated about reading the research literature. And so, you know there's half a dozen sex journals, and I read all of them. And I also have research skills that can ferret out studies. And now with the internet, with Google, you know sex research has never been easier. And the problem with Google and with the digital world is that there is so much misinformation that gets into the internet that it's hard sometimes to tell, separate the wheat from the chaff. But you know, I've been an member of AASECT for, God has to be thirty years. And I've been in other sexological organizations, and I go to meetings,

and I interview people, and I read a lot of research. And over the years I've become friends with a number of people who are prominent in the field, and they introduce me to other people, and that's how it's worked.

25:45 [McPherson] Absolutely. Yeah, decades of learning and taking in all that information. I can imagine how helpful that is. You've answered, obviously as you've said, more than twelve-thousand questions on sexuality. What's the most common question you've gotten, or maybe even the most interesting one?

26:02 [Castleman] Well, there's about a half-dozen questions that keep coming up over and over again. One is about masturbation, self-pleasuring. Sex educators know that that's a big field, and it's one of my top questions. So, masturbation. Premature ejaculation in men in a huge area where people ask me about it. Desire differences in couples. Desire differences are the number one complaint that couples have about partner sex, and so a lot of them ask me about it. Pornography. A lot of women write to me and ask about, you know, "my boyfriend/my husband watches porn. What's wrong with him?" And I think my own feeling is that unless it interferes with life responsibilities or partner sex in a committed relationship, pornography is fairly benign. It's not that much different than men watching football on tv. So, some people write to me and other people attack me and say, "You're wrong! Pornography is horrible!"

[McPherson] Oh yeah, there's a big field of that.

27:24 [Castleman] So, it's a very controversial subject. And there's a seven-chapter section in *Sizzling Sex* all about pornography and what people need to know about it. And then there is a whole group of questions that are about kink. You know, BDSM is much more popular than a whole lot of people think. And so, I get a lot of questions about various aspects of it, particularly since the *Fifty Shades of Grey* books came out. That really opened up a lot of people to thinking more seriously about kinky pleasure. So, I read a fair amount about it. I answer a lot of questions about that too.

28:15 [McPherson] Yeah, and obviously an AASECT-certified sex therapist myself, and we have a big group practice in Colorado and Texas called Respark, and those are typically the main issues that we see as well. Specifically desire issues, desire differences, pornography. I'm curious with masturbation do people ask you if it's ok? Or technique, or what do they typically ask you about?

28:39 [Castleman] Well, the questions usually come in and say something like, "I'm having this sex problem, is it because I've masturbated daily for the last sixteen years?" You know, sex educators talk themselves blue in the face saying it's ok to masturbate.

That message has not gotten through to America. America is extremely upset about masturbation. Americans are very confused about it, they feel guilty, they feel shame. And I'm not just talking about fundamentalist, religious people, I'm talking about lots and lots of people. As far as I'm concerned, masturbation is the single most-central sexual issue, because it's how we learn about sex. It's how we learn about ourselves. It's how we learn about our own sexual responsiveness. And a lot of people have a whole lot of problems with it. And so, one of the things that I try to do is lower the temperature and tell people not only is it ok to masturbate, but you should! Everyone should! I mean, that's how you learn to be sexual, that's how you learn to have orgasms. Orgasm is learned, and self-pleasuring is the teacher.

30:02 [McPherson] Yeah, I think that's a huge question that people come in with. Women and men, I think. Self-identified women, and men, and everyone in between. And I think that you know people are—they've been told for so many years by this puritanical culture that we're brought up in that your palms will get sweaty, your palms will get hairy, you know. You'll be ruined for life, and all these terrible messages. And so, you know as educators and therapists they're working to obviously change that and overcome it, but it's a long road to change it.

30:39 [Castleman] Yeah, and everyday there's new kids turning fifteen who are freaked out about solo sex.

30:50 [McPherson] And unfortunately you know there's organizations that support it, like the NoFap organization.

30:56 [Castleman] Yeah, the forces of sex negativity are lined up against self-pleasuring, and it's such a shame. I mean, it's really horrible. But that's the world we live in. So that's why I write about—I blog about self-sexing two or three times a year because, you know, people are so unnerved by it.

31:24 [McPherson] So, you know we wouldn't be a business of sexual health podcast if we didn't talk about money, right? So, you're a journalist, a novelist, you've written so many books. How have you learned to actually make a business out of this?

31:39 [Castleman] [laugh] Well, before the internet, I made a very nice living as a journalist, writing about sex and health in general. But with the advent of the internet, so much information became available for free that it devalued all information and the magazine industry has never recovered from it. The magazine industry has not collapsed, but it has shrunk tremendously and guys like me, you know freelance magazine writers, you couldn't make a living anymore. Fortunately for me, over the

years I had invested in some rental real estate, and now I own several apartment buildings in San Francisco. And I rent them out, and that's how I make my living. And my sex writing, I make a little money from writing about sexuality. And I hope to make a little money from my new book, but it doesn't make me a living. I mean, I'm not like a sex therapist who makes a living from it. I don't make a living from sexology and sex work. It's kind of like my public service. I wouldn't call it my volunteer work, cause I do make a little money, but it's *almost* volunteer work.

33:00 [McPherson] Yeah, I can imagine how different it is now versus a couple of decades ago. So, with this new book, *Sizzling Sex for Life*, what have you learned and what have you changed to hopefully make a little bit more money from this one?

33:12 [Castleman] Well, I don't know. [both laugh] It's an open question if I'll make any money from this book. At the moment this book is costing me a fair amount of money. But I hope that over time it will find its niche and that people will be interested in a comprehensive book about sexuality, and that it will find a place in the cosmos. And if it does that, and it keeps selling, then, you know, down the road I may make a little money.

33:44 [McPherson] Do you have another book in mind, your next project or venture?

33:48 [Castleman] Actually I don't. For the first time in forty years I don't know what book I'm going to write next.

[McPherson] But it will be a book?

33:54 [Castleman] You know I'm old now, I'm seventy. And I'm not against the idea of writing another book, but I just don't know which one I'm going to do. I have a few ideas, but at the moment I'm going to put all of 2021 into promoting *Sizzling Sex*. Because I really feel like that's a contribution that I can make that is unique to my own skill set. And I'm hoping it finds a niche and has legs, and lives on into the future.

34:28 [McPherson] What will entail—what will you include in promoting? Like is that kind of going into media outlets, news outlets, like being on tv? What do you have planned for it all?

34:39 [Castleman] Well, I'm giving away the book to a lot of people in sexology to try and coax them into using it. I'm doing a lot of podcasts. I hired a publicist. I've got a media kit. I'm doing what authors do. The problem is that it's very hard to sell sex books. The myth is that sex sells. And what sells is "sexiness," not sex itself. And sex

information is a very hard sell. But my attitude is the first thing you have to do is show up, and I just intend to show up and persevere as I have in this field for almost fifty years, and I hope I've got another ten years or so during which I can get this message out there.

35:34 [McPherson] I love that. Showing up is really half the battle. I feel like a lot of times people just kind of write something or create a business and they just put it out there and expect people to just come, but you really have to show up and be present for, you know meetings, conferences, and you have to be there in order to get it into the hands of people who need it.

36:04 [Castleman] Yeah, and I'm very eager for conferences to resume because I would like to go, and I would like to present. I'd like to meet people. You know I had over a hundred sexologists, yourself included, give me feedback on my manuscript, and they helped it a lot. Everyone needs an editor, and I'm among them. And I got a lot of very good, insightful comments and editing from people in the sex field. And I would just like to just thank them in person at meetings. As soon as we can!

36:41 [McPherson] Absolutely! I'll be there for it. I'm excited to actually meet you in person! I think that would be wonderful. What advice do you have to perhaps young journalists that want to write about sex, or young sexuality professionals that want to follow your path?

36:57 [Castleman] Well, I would say start. Just start. If you want to write about sex, start writing about it. And you can, you know people can post on Facebook, they can write handouts for their clients. You know, writing is a practice, and you just have to keep doing it. And look for opportunities to do it. I guess that's all I can say is jump in with two feet.

37:24 [McPherson] Absolutely. Jump in and just start doing it. And as, you know I want to remind our listeners, you have read and done your research. Right, you have read all the journals, you read all the books, and so whatever your writing, you can be sure to have it be accurate as well. I think that's super important.

37:42 [Castleman] Yes, well I pride myself—my blog posts on Psychology Today almost always have research citations. And I think that it's very important to, when you're writing about the sciences, medicine, sex, to be evidence-based. You can't just make it up. We have a lot of, in the United States now, a lot of people seem to think you can make up your own facts. I disagree. I think we really need to have a basis in the research literature, or else you just don't know what you're talking about.

38:21 [McPherson] Well, *Sizzling Sex*, I recommend everyone to go pick up a copy. It's an amazing book. I think it comes out in mid-January?

[Castleman] Yes.

[McPherson] Yeah, it's a wonderful book.

[Castleman] It can be preordered right now from Amazon.

38:34 [McPherson] Yeah, preorder it right now. If you want to shop at your local bookstore, definitely get that on the list. Tell them to carry it. It's a wonderful book. A wonderful guide to having sex and making love at every stage of life. It's very comprehensive and I'm excited for it to be in more hands. Can you tell people how else to find you?

38:57 [Castleman] You can just Google me. You know, I have a website, mcastleman.com. But I'm not hiding, I'm on Google.

[McPherson] And GreatSexGuidance.com too, right?

[Castleman] GreatSexGuidance.com if people want to contact me, or they can contact me through my blog on Psychology Today. I'm not hiding.

39:17 [McPherson] [laugh] Great. Well, thank you so much for sharing your wealth of information. Really appreciate your time.

[Castleman] Thanks so much for having me on.

[Outro Music]

39:30 [McPherson] Thank you for listening to Practice Outside the Lines podcast. My name is Heather McPherson, certified sex therapist, consultant, and multi-passionate entrepreneur. Did you know that we have a free course on starting or growing your sexual health-focused business? Go to PracticeOutsidetheLines.com to get started. If you loved this podcast, take the next vital step and rate and review it on iTunes or your favorite podcast player. Thanks so much for hanging out with me today.