

How To Have A Successful Polyamorous Relationship

When Someone You Love Is Polyamorous - Elisabeth Sheff 2016

Having a friend or family member come out to you as polyamorous can be confusing and stressful. Chances are, you have a lot of questions: Is this just a phase? Won't they settle down someday? What's going to happen to their kids? Do I have to invite all their partners over for Thanksgiving dinner? Why can't they just keep it in the bedroom? When Someone You Love Is Polyamorous offers answers to these and more questions, to help you better understand and support your polyamorous loved ones.

It's Called "Polyamory" - Tamara Pincus 2017-10-06

Even in progressive families and communities, people who practice nonmonogamy are susceptible to misinformation and accusations of moral and emotional failings. Facing this requires its own coming out and education process. In this guide, Tamara Pincus and Rebecca Hiles provide a roadmap for explaining the expansive intricacies of the consensual nonmonogamy spectrum. By fusing personal experience and community research, they break down the various incarnations of polyamorous relationship structures, polyamory's intersections with race and gender, and the seemingly esoteric jargon of the lifestyle. Topics include everything from how to explain what a "unicorn hunter" is to answering questions like, "Can poly people raise children?" and "Can they live normal, healthy lives?" Such conversations are eloquently explained and the real dangers of being out as poly in a monogamy-centered society are laid bare.

The Communistic Societies of the United States - Charles Nordhoff 1875

Sacred Man - Dwayne Mooney 2019-01-11

The worlds #1 guide for men who desire to openly and authentically love, heal, and manage multiple women. No other book on the market contains this powerfully progressive perspective on consensual non-monogamous relating. This is the book for men who want to do it the right way and ensure success with all of your relationships. Dwayne Mooney is an author who talks-the-talk and walks-the-walk!

What about Me? - Jane Greer 2010

Selfishness and entitlement have never been more prevalent. "What About Me?" will help readers discover what role selfishness is playing in their relationship while helping them better understand what drives their partner to behave selfishly.

Many Hearts, Many Loves, Many Possibilities: The Polyamory Relationship Workbook - Christina Parker 2009-10

This book provides a powerful tool for everyone seeking to look beyond their fears, fantasies, and stereotypes and step into the reality of polyamory relationships whether they are just taking their first steps on that journey or are experienced travelers. A combination of information, insight, and detailed questionnaire, it is designed to help people get a clear understanding of who they are, what they want, and what they need in order to maintain a fulfilling relationship of any kind - regardless of gender, sexual orientation, or life situation. Ultimately, that personal understanding will facilitate communication among partners (current or potential) so they can work as a team to develop the relationship structure that will work best for everyone.

The Ethical Slut - Dossie Easton 1997

A Guide to Infinite Sexual Possibilities Beyond the often unrealistic ideal of lifetime monogamy lies an uncharted jungle of delightful options - everything from committed multi-partner relationships to friendly sex, casual sex, group sex, and more. In this groundbreaking volume, 'Bottoming Book' and 'Topping Book' authors provide a road map for exploring this sometimes difficult, often rewarding territory. Warm, informative details about how to get your needs met, manage your jealousy, make agreements that...'

Pagan Polyamory - Raven Kaldera 2005

The term "polyamory" describes non-monogamous relationships based on honesty and affection. Presenting

a fascinating peek inside the polyamorous lifestyle from a Pagan perspective, Raven Kaldera offers practical insight and spiritual depth into a vastly misunderstood way of life. Relating polyamory to astrology and the elements (air, fire, water, earth, and spirit), the author addresses all aspects of the polyamorous life, including family life, sexual ethics, emotional issues, proper etiquette, relationship boundaries, and the pros of cons of this lifestyle. Kaldera also discusses polyamory as a path of spiritual transformation and shares spells, rituals, and ceremonies for affirming one's relationships and spirituality.

The Polyamorists Next Door - Elisabeth Sheff 2015

This book introduces polyamorous families and explains how they come to be, manage the ins and outs of daily family life, and cope with the challenges they face both within their families and from society at large. Sheff investigates the polyamorous household and reveals its a...

The Polyamory Breakup Book - Kathy Labriola 2019-10-04

Polyamory is not always easy. With multiple partners often come more complex relationships to navigate. This practical guide looks at the common causes of polyamorous breakups, identifies strategies to avoid ending relationships, and provides you with the toolkit to survive a breakup. Kathy Labriola uses real life examples and expert insight as a counselor and nurse. From how to handle jealousy to the practicalities of managing money and time with multiple partners, this book includes tips and insights from the polyamory community. It is inevitable that some relationships will end in a breakup. This book helps you maintain friendships and minimize the impact of a breakup on the rest of your polycule and wider community. Unlike traditional breakup guides, Labriola's book offers insight specific to the polyamory community and addresses the unique challenges that come with multiple partners.

More Than Two - Franklin Veaux 2014-09-02

Can you love more than one person? Have multiple romantic partners, without jealousy or cheating? Absolutely! Polyamorous people have been paving the way, through trial and painful error. Now there's the new book More Than Two: A practical guide to ethical polyamory to help you find your own way.

Polysecure - Jessica Fern 2020-10-23

Attachment theory has entered the mainstream, but most discussions focus on how we can cultivate secure monogamous relationships. What if, like many people, you're striving for secure, happy attachments with more than one partner? Polyamorous psychotherapist Jessica Fern breaks new ground by extending attachment theory into the realm of consensual nonmonogamy. Using her nested model of attachment and trauma, she expands our understanding of how emotional experiences can influence our relationships. Then, she sets out six specific strategies to help you move toward secure attachments in your multiple relationships. Polysecure is both a trailblazing theoretical treatise and a practical guide.

Love and Freedom - Jorge N. Ferrer 2021-06-24

This groundbreaking look at the array of styles and modes of relationships proposes a new paradigm for understanding intimate relationships, challenging the monogamy/polyamory binary and offering fresh possibilities for thinking about contemporary love, sex, gender, and sexuality.

Love and Choice - Lucy Fry 2022-02-10

What, in your relationships, have you chosen? What would you choose, if you felt able? In Love and Choice, therapist and journalist Lucy Fry explains why relationships should start with these simple questions. Most of us are brought up with a blueprint for our most important and intimate relationships. It comes from family, the media, or even the government's tax policies, and the message is simple: The (gold) standard for a romantic relationship is one that is heterosexual, between two people, and monogamous. Lucy invites us to examine this blueprint consciously, accept that it may not be for everyone, and consider something outside the ordinary. By offering us a window into a life built on choice, and a radical approach, Lucy helps us explore what we really want, and what our relationship needs. With care, wit and candour, Fry blends

insightful psychological and philosophical ideas with case studies drawn from interviews with experts, real people, and experiences in her own life. Love and Choice gives readers everything they need to choose what, who, and how to love.

Monogamish - Alex Smith 2015-02-02

The Essential Guide for Young Couples Looking to Explore Open-Relationships! A book written by a young couple, researched with young couples, for young couples. We're part of a new generation redefining what it means to be in a committed relationship. In Monogamish, we examine couples in non-polyamorous relationships, relations that are interested purely in outside sexual play, without the extra commitments. You'll get a peak behind closed doors, to see what it takes to have a successful, committed monogamish relationship. Not only that, you'll learn how young, monogamish couples are meeting people these days, and skip all the mistakes they've made along the way. The Foundations In this book, we lay the groundwork for building a strong, solid relationship with your partner that allows you and your partner to explore outside your relationships. We cover: * Communication * Trust * Ethics in Open-Relationships * Developing Rules and Boundaries As well how to prepare for the eventual bumps in the road, safe sex practices and more! Meeting Other People! We're children of the Internet. With the handful of options out there from hookup at to online dating sites, we go through and show you how to: * Build and craft a great online profile. * How to discuss your relationship with people you're interested in * How to cold approach strangers offline * And, most importantly, how to protect your privacy This is THE Ethical Non-Monogamy book for our Generation!

Ask Me About Polyamory - Tikva Wolf 2016-09-15

A hilarious and touching comic about polyamory, queer, and genderqueer issues. If your relationships or your gender are unconventional, you'll find useful advice and plenty of laughs in this compilation of the wildly popular webcomic Kimchi Cuddles. Quirky, endearing and charmingly (and sometimes painfully) realistic characters, many based on real people, explore polyamory, queer and genderqueer issues. Covering practical matters like time management and serious topics like discrimination, this book unites the best of two years of Kimchi Cuddles comics, organized into a practical and entertaining guide to the real world of alternative relationships. Kimchi Cuddles is a rare mix: fearlessly true to the lives of the people it depicts yet relatable enough to entertain and inform anyone (maybe even your parents). Dealing with both lighthearted and serious subject matter, it avoids clichés and easy answers, choosing instead to give examples of different schools of thought and show the humanity behind each one. Wolf's honesty and gift for clear explanation have made Kimchi Cuddles a hit with the most dedicated polyamorists as well as curious newcomers.

Opening Up - Tristan Taormino 2008-05-05

Relationship expert and bestselling author Tristan Taormino offers a bold new strategy for creating loving, lasting relationships. Drawing on in-depth interviews with over a hundred women and men, Opening Up explores the real-life benefits and challenges of all styles of open relationships — from partnered non-monogamy to solo polyamory. With her refreshingly down-to-earth style and sharp wit, Taormino offers solutions for making an open relationship work, including tips on dealing with jealousy, negotiating boundaries, finding community, parenting and time management. Opening Up will change the way you

think about intimacy.

Eight Things I Wish I'd Known About Polyamory - Cunning Minx 2014

For many folks seeking to open up their lives and relationships, the road ahead is uncertain and foggy. Outside of traditional monogamy, relationship structure options and guidelines are often murky at best. This book seeks to demystify the basics of healthy, consensual non-monogamy by sharing the lessons learned from both Minx and thousands of podcast listeners who have built successful polyamorous relationships. While each relationship may be different, some basic guidelines are helpful in constructing one's own version of polyamory, and the eight discoveries outlined in this book seek to provide just that. What readers will gain from Eight Things "There is no one right way to do polyamory, but there are plenty of wrong ways," quoth the wise Miss Poly Manners. While no one can tell you exactly how to structure or conduct any relationship, it is my hope that you will use this ebook as a tool for self-exploration and self-discovery. The tips and advice given here are aimed at increasing self-awareness of emotional needs with the goal of creating ongoing, transparent communication. The healthiest relationships are those in which all participants feel free to ask for what they want, hear what others want and conscientiously and compassionately negotiate to fill those wants. Whether a current relationship continues, changes or ends, what is most important is the health, happiness and personal growth of the participants in that relationship. As my cohost LustyGuy repeats, "The goal of any relationship is to make the people involved better versions of themselves." That's the goal I share with you. Read this ebook, do some self-discovery, and leverage your relationship to become a better version of yourself. Plus:- How to deal with NRE- How to deal with jealousy/fear- How to customize your relationship- FREE! Template for writing your own user manual

Stepping Off the Relationship Escalator - Amy Gahran 2017-02-03

Love is not one-size-fits-all, yet often people assume that healthy, serious relationships all must follow the same basic path. The -Relationship Escalator- is society's bundle of customs for intimate relationships: monogamy, living together, marriage and more, ideally until death do you part. Beyond this, it might not be obvious what your options are. This book will help you: - Discover less common relationship options that might suit you. - Understand why and how people have unconventional relationships. - Empower you to negotiate about how your relationships work. - Overcome the fear that loving differently means you're doing it wrong. - Make the world a friendlier, safer place for more paths to love. Featuring real stories and insights from hundreds of people, -Stepping Off the Relationship Escalator- explores consensual nonmonogamy, love without living together, deep connections that pause and resume, and much more. The first in a series of research-based books, this introduction to relationship diversity is both accessible and surprising. LEARN MORE OR ORDER SIGNED COPIES: OffEscalator.com

Eight Things I Wish I'd Known About Polyamory - Cuning Minx 2014-04-25

For many folks seeking to open up their lives and relationships, the road ahead is uncertain and foggy. Outside of traditional monogamy, relationship structure options and guidelines are often murky at best. This book seeks to demystify the basics of healthy, consensual non-monogamy by sharing the lessons learned from both Minx and thousands of podcast listeners who have built successful polyamorous relationships. While each relationship may be different, some basic guidelines are helpful in constructing one's own version of polyamory, and the eight discoveries outlined in this book seek to provide just that.

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