

The Smart Girl's Guide To Polyamory

Kink R.O. Kwon 2021-02-09 A New York Times Notable Book Kink is a groundbreaking anthology of literary short fiction exploring love and desire, BDSM, and interests across the sexual spectrum, edited by lauded writers R.O. Kwon and Garth Greenwell, and featuring a roster of all-star contributors including Alexander Chee, Roxane Gay, Carmen Maria Machado, and more. A Most-Anticipated book of 2021 as selected by * Marie Claire * O, The Oprah Magazine * Cosmopolitan * Time * The Millions * The Advocate * Autostraddle * Refinery29 * Shape * Town & Country * Book Riot * Literary Hub * Kink is a dynamic anthology of literary fiction that opens an imaginative door into the world of desire. The stories within this collection portray love, desire, BDSM, and sexual kinks in all their glory with a bold new vision. The collection includes works by renowned fiction writers such as Callum Angus, Alexander Chee, Vanessa Clark, Melissa Febos, Kim Fu, Roxane Gay, Cara Hoffman, Zeyn Joukhadar, Chris Kraus, Carmen Maria Machado, Peter Mountford, Larissa Pham, and Brandon Taylor, with Garth Greenwell and R.O. Kwon as editors. The stories within explore bondage, power-play, and submissive-dominant relationships; we are taken to private estates, therapists' offices, underground sex clubs, and even a sex theater in early-20th century Paris. While there are whips and chains, sure, the true power of these stories lies in their beautiful, moving dispatches from across the sexual spectrum of interest and desires, as portrayed by some of today's most exciting writers.

A Happy Life in an Open Relationship Susan Wenzel 2020-03-10 Discover the secrets to successful open relationships. A Happy Life in an Open Relationship is a handbook to healthy nonmonogamous relationships. For anyone curious about open relationships, here is a valuable handbook from an expert in love, sex, and communication. Relationship therapist Susan Wenzel—who is in an open marriage herself—delivers skillful advice on how to navigate the complex emotional landscape of multi-partner relationships, from polyamory to swinging. • Filled with of compelling personal stories, anecdotes from clients, and practical exercises • A guide to cultivating harmonious and fulfilling open relationships • Author Susan Wenzel is a sex and relationship therapist with years of experience counseling patients on issues related to monogamy, intimacy, and trust. A Happy Life in an Open Relationship will help you develop your trust and communication skills, explore sexuality and desire, build your confidence and self-worth, set healthy boundaries, overcome jealousy, and so much more. People interested in making changes in their relationships will appreciate the positive tone, helpful advice, and expert wisdom from an accomplished relationship therapist who has gone through the experience herself. • A great gift for anyone interested in testing the boundaries of monogamy and exploring the world of polyamory • An accessible and inviting guide for couples to build an open relationship that is strong and lasting • Perfect for fans of Mating in Captivity: Unlocking Erotic Intelligence and The State of Affairs: Rethinking Infidelity by Esther Perel, The Commitment: Love, Sex, Marriage, and My Family by Dan Savage, and Sex at Dawn: How We Mate, Why We Stray, and What It Means for Modern Relationships by Christopher Ryan

Eight Things I Wish I'd Known About Polyamory Cunning 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.

Insatiable Wives David J. Ley 2012-01-16 "This enlightening work investigates the history, incidence, and causes of a unique sexual lifestyle pursued by increasing numbers of couples. The most common terms used to describe it are 'hotwife/cuckold lifestyle.' This sexual practice, a form of sexual nonmonogamy, is distinguished from swinging and polyamory in that the husband rarely seeks sexual contact outside the marriage except for participation in group sex with his wife and other men, while the wife is permitted, and often encouraged, to pursue unrestrained sexual encounters with other men. The author includes interviews and comments from couples living the lifestyle throughout the United States and presents the stories in an attempt to determine the history of this sexual practice and evolutionary underpinnings of this uncommon and socially taboo behavior in an effort to make it more comprehensible to those engaged in the lifestyle and those who are just curious." -- page 4 of cover.

Polyamory and Jealousy Eve Rickert 2016-01-16 "How do you deal with jealousy?" It's the first question many people ask when they hear about polyamory. Tools for dealing with jealous feelings are among the most basic resources in a well-equipped polyamory toolkit. Eve Rickert and Franklin Veaux, authors of the popular polyamory book *More Than Two: A Practical Guide to Ethical Polyamory*, present *Polyamory and Jealousy*, part of the *More Than Two Essentials* series. The essentials take sections from *More Than Two*, expand on them, and present them in a practical, easy-to-use format that can be read in a single sitting. In this booklet, you will find pragmatic ways to handle feelings of jealousy when they arise. You'll learn tools for identifying jealousy, strategies for decoding what it means, and hands-on advice for dealing with it before it undermines your relationship. If jealousy is a problem for you or someone you love, this companion to *More Than Two* offers a path through the wilderness.

Compersion Hypatia from Space 2018-05-07 Compersion can be defined as the opposite of jealousy. Hypatia, famous polyamorous blogger and inspirational writer, has intensively focused her research on this feeling somewhat unknown to most people. Through her careful research as well as her personal experience, she has come to the conclusion that compersion is within the reach of every polyamorous individual. However, this feeling of joy towards the happiness of our partners does not happen by chance, or without effort. Her hypothesis: Each polyamorous has specific individual needs that, once fulfilled, allow them to experience a solid and lasting sentiment of compersion. Hypatia warmly invites the reader on a journey of self-discovery to explore their inner selves to see what their essential compersion needs are. She also addresses the fundamental topic of how one can successfully support their partners and metamours in their own journey towards this liberating experience. Last, not least, she evokes the state of mind necessary for those who wish to develop, or integrate more fully, compersion into their lives. Controlling jealousy is great, but cultivating compersion is way better!

Dealing with Difficult Metamours Page Turner 2019-04-03 The first book devoted solely to metamour relationships, *Dealing with Difficult Metamours* is a troubleshooting guide for those who want to get along better with their partners' other partner(s). You'll find out about the different types of metamours and strategies you can use to manage those relationships as well as ways to boost your personal resilience no matter what stressful situation you might find yourself in.

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.

The Ethical Slut, Third Edition Janet W. Hardy 2017-08-15 The classic guide to love, sex, and intimacy beyond the limits of conventional monogamy has been fully updated to reflect today's modern attitudes and the latest information on nontraditional relationships. "One of the most useful relationship books you could ever read, no matter what your lifestyle choices. It's chock-full of great information about communication, jealousy, asking for what you want, and maintaining a relationship with integrity."—Annie Sprinkle, PhD, sexologist and author of *Dr. Sprinkle's Spectacular Sex* For 20 years *The Ethical Slut*—widely known as the "Poly Bible"—has dispelled myths and showed curious readers how to maintain a successful polyamorous lifestyle through open communication, emotional honesty, and safer sex practices. The third edition of this timeless guide to the ethics of relationships, communication, and sex has been revised to include: • Interviews with poly millennials (young people who have grown up without the prejudices their elders encountered regarding gender, orientation, sexuality, and relationships) • Tributes to polyamory pioneers • Tools for conflict resolution and instructions on how to improve interpersonal dynamics • New sidebars on topics such as asexuality, sex workers, LGBTQ terminology, and ways polys can connect and thrive The authors also include new content addressing nontraditional relationships beyond the polyamorous paradigm of "more than two": couples who don't live together, couples who don't have sex with each other, nonparallel arrangements,

couples with widely divergent sex styles, power disparities, and cross-orientation relationships, while utilizing nonbinary gender language and new terms that have come into common usage since the last edition.

Legendborn Tracy Deonn 2020-09-15 An Instant New York Times Bestseller! Winner of the Coretta Scott King - John Steptoe for New Talent Author Award Filled with mystery and an intriguingly rich magic system, Tracy Deonn's YA contemporary fantasy Legendborn offers the dark allure of City of Bones with a modern-day twist on a classic legend and a lot of Southern Black Girl Magic. After her mother dies in an accident, sixteen-year-old Bree Matthews wants nothing to do with her family memories or childhood home. A residential program for bright high schoolers at UNC-Chapel Hill seems like the perfect escape—until Bree witnesses a magical attack her very first night on campus. A flying demon feeding on human energies. A secret society of so called "Legendborn" students that hunt the creatures down. And a mysterious teenage mage who calls himself a "Merlin" and who attempts—and fails—to wipe Bree's memory of everything she saw. The mage's failure unlocks Bree's own unique magic and a buried memory with a hidden connection: the night her mother died, another Merlin was at the hospital. Now that Bree knows there's more to her mother's death than what's on the police report, she'll do whatever it takes to find out the truth, even if that means infiltrating the Legendborn as one of their initiates. She recruits Nick, a self-exiled Legendborn with his own grudge against the group, and their reluctant partnership pulls them deeper into the society's secrets—and closer to each other. But when the Legendborn reveal themselves as the descendants of King Arthur's knights and explain that a magical war is coming, Bree has to decide how far she'll go for the truth and whether she should use her magic to take the society down—or join the fight.

The Art and Etiquette of Polyamory Françoise Simpère 2011-02-10 The idea of open relationships seduces more and more men and women who wish to foster a healthy partnership while maintaining multiple lovers. The Art and Etiquette of Polyamory helps couples who want to better understand, or to begin an exploration of, the emotional, sexual, and intellectual mores of polyamory. Françoise Simpère, an expert in the area of romantic relationships, discusses polyamory and what it involves and describes the practices that make it ethically and emotionally sustainable. This guide provides proposed rules and suggestions on how to keep the love and trust of your partner alive while successfully entertaining other lovers and enjoying the infinite possibilities open relationships have to offer. Couples and individuals interested in entering a polyamorous relationship will be able to use this book as a resource on the art and etiquette of poly-dating, covering a range of questions, including: Should we use a calendar? Can I ask my husband to babysit while I'm with a lover? How can I prioritize my time between two lovers? How can I stave off any jealousy? Through her years of correspondence with couples interested in open relationships and her own personal reflections and experiences, Simpère is convinced that polyamory opens up many possibilities for a gratifying and healthy sex life.

Open Deeply Kate Loree, LMFT 2022-04-19 A full one-fifth of the United States has engaged in consensual non-monogamy (CNM) at some point in their lives, and 29 percent of adults under thirty today consider open relationships to be morally acceptable—yet there are few resources to turn to when it comes to navigating this more non-traditional and explorative territory. Picking up where CNM self-help books like Polysecure, The Ethical Slut, and More Than Two leave off, Open Deeply tackles the most difficult challenges posed by CNM. Therapist Kate Loree—who has practiced non-monogamy since 2003, and who specializes in treating clients who also practice non-monogamy—pulls no punches as she uses vignettes based on her own life, as well as her clients' experiences, to illustrate the highs, lows, and in-betweens of life as a consensual non-monogamist. Interwoven with these stories are thorough explanations of how attachment theory impacts non-monogamy, how blending cutting-edge, neurobiology-informed grounding skills with effective communication skills will make even the most challenging conversations regarding non-monogamy manageable, and more. The result is a compassionate, attachment-focused template for non-monogamy that will allow readers to avoid pitfalls and find adventure while concurrently building healthy relationships. Non-monogamy is a wild and woolly ride—and Open Deeply is here to help make it a great one.

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.

Stranger in a Strange Land Robert A. Heinlein 2014-06-05 The original uncut edition of STRANGER IN A STRANGE LAND by Hugo Award winner Robert A Heinlein - one of the most beloved, celebrated science-fiction novels of all time. Epic, ambitious and entertaining, STRANGER IN A STRANGE LAND caused controversy and uproar when it was first published and is still topical and challenging today. Twenty-five years ago, the first manned mission to Mars was lost, and all hands presumed dead. But someone survived... Born on the doomed spaceship and raised by the Martians who saved his life, Valentine Michael Smith has never seen a human being until the day a second expedition to Mars discovers him. Upon his return to Earth, a young nurse named Jill Boardman sneaks into Smith's hospital room and shares a glass of water with him, a simple act for her but a sacred ritual on Mars. Now, connected by an incredible bond, Smith, Jill and a writer named Jubal must fight to protect a right we all take for granted: the right to love.

Future Sex Emily Witt 2017-01-03 Emily Witt is single and in her thirties. She has slept with most of her male friends. Most of her male friends have slept with most of her female friends. Sexual promiscuity is the norm. But up until a few years ago, she still envisioned her sexual experience achieving a sense of finality, 'like a monorail gliding to a stop at Epcot Center'. Like many people, she imagined herself disembarking, finding herself face-to-face with another human being, 'and there we would remain in our permanent station in life: the future'. But, as we all know, things are more complicated than that. Love is rare and frequently unreciprocated. Sexual acquisitiveness is risky and can be hurtful. And generalizing about what women want or don't want or should want or should do seems to lead nowhere. Don't our temperaments, our hang-ups, and our histories define our lives as much as our gender? In Future Sex, Witt captures the experiences of going to bars alone, online dating, and hooking up with strangers. After moving to San Francisco, she decides to say yes to everything and to find her own path. From public health clinics to cafe conversations about 'coregasms', she observes the subcultures she encounters with awry sense of humour, capturing them in all their strangeness, ridiculousness, and beauty. The result is an open-minded, honest account of the contemporary pursuit of connection and pleasure, and an inspiring new model of female sexuality - open, forgiving, and unafraid.

Jealousy Survival Guide Kitty Chambliss 2017-10-31 Jealousy can have an enormous impact on some people, so it is no surprise that people (especially those who practice consensual non-monogamy) think, talk, and write about it quite a bit. In "Jealousy Survival Guide", Kitty Chambliss does the homework for you and collects the best tidbits on life and emotions to give you inspiration and provide tools to gain and practice new skills. Combining her own life experience with these pearls of wisdom, Kitty focuses on jealousy in consensually non-monogamous relationships, what it is, how it expresses, and specific ways to manage it. Kitty's frank discussion of her own struggles with jealousy and focus on specific skills and techniques - without a shred of blame - makes "Jealousy Survival Guide" a delightfully useful read for anyone struggling with jealousy or consensually non-monogamous relationships and polyamory. This is a comprehensive guidebook and step-by-step template for recognizing feelings of jealousy and insecurity as they come up with effective tools for sorting through those emotions, and when, if, and how to bring up challenging or potentially emotionally charged conversations with loved ones. What People are Saying about "Jealousy Survival Guide" "I'm only a few chapters into Kitty's 'Jealousy Survival Guide' but have already felt the positive impact her book has had on me personally. Her book has helped me recognize some of the reasons I am the person I am today and areas of my personality which can use improvement. This book covers so much more than jealousy and relationships. It allows for the discovery of oneself and helps pave an optimistic path for growth. I look forward to what the remaining chapters have in store for me and the journey ahead!" - Tina C., Relationship Coaching Client Note: Kindle version also available. Audible coming soon.

I Kissed a Girl Jennet Alexander 2021-08-03 Can an up-and-coming horror actress and the makeup artist for her newest "creature feature" turn on-set chemistry into the romance of a lifetime? Lilah Silver's a young actress who dreams of climbing out of B-list stardom. She's been cast as the lead in what could be her breakout performance...but if she wants to prove herself to everyone who ever doubted her, she's going to need major help

along the way. Noa Birnbaum may be a brilliant makeup artist and special effects whiz-kid, but cracking into the union is more difficult than she imagined. Keeping everyone happy is a full-time job, and she's already run ragged. And yet when the beautiful star she's been secretly crushing on admits to fears of her own, Noa vows to do everything in her power to help Lilah shine like never before. Long hours? Exhausting work? No problem. Together they can take the world by storm...but can the connection forged over long hours in the makeup chair ever hope to survive the glare of the spotlight?

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...'

What You Really Really Want Jaclyn Friedman 2011-10-25 In this empowering, accessible guide, Jaclyn Friedman—co-editor of *Yes Means Yes*—gives young women the tools to decipher the modern world's confusing, hypersexualized, sometimes dangerous landscape so they can define their own sexual identity. Friedman decries the hypocrisy and mixed messages of our culture (we're failures if we don't act sexy, but we're sluts if we actually pursue sex; we need to be protected from rapists lurking in bushes, but deserve "whatever we get" if we have a drink at a party and wear a skirt), and encourages readers to separate fear from fact, decode the damaging messages all around them, and discover a healthy personal sexuality. Educational and interactive, *What You Really Really Want* includes revealing quizzes, creative exercises, and reality-based advice about sex and sexuality today. With Friedman's informed advice to guide them, readers will build new skills for safely expressing their sexuality with lovers and explore effective ways to talk about tricky issues with family and friends—and learn how to make the world a little safer for everyone else's sexuality along the way.

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 Jealousy Workbook Kathy Labriola 2013-09-13 From the initial stages of trying to agree who can do what with whom, through advanced issues such as coping with logistics and seeking compensation, every relationship sooner or later confronts jealousy - and some relationships do not survive the confrontation. Between these covers you will find forty-two exercises with supporting text, developed by a professional relationship counselor and refined by hundreds of clients trying to find their own paths through jealousy. They range from basic (Exercise Two, Clarify Your Relationship Orientation) through challenging (Exercise Thirty-Four, Imagine Looking Through Their Eyes and Being In Their Shoes). All can be done solo, with a partner, or under the supervision of a helping professional, and all can be done before a problem emerges or in the throes of a jealousy crisis. Along the way, you will find solutions to the issues that bedevil even the most happily open relationships.

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.

Relationship Agreements Eri Kardos 2016-11-12 This book will inspire you to fall more deeply in love with your partner, yourself, and your relationship! Internationally renowned relationship coach Eri Kardos presents what people around the world have been waiting for: a simple and effective guide to using RELATIONSHIP AGREEMENTS - a beautiful tool that unpacks the spoken and unspoken understandings that hold a relationship together so that each aspect can be articulated, understood, and explored. With her unique ability to create a space that is warm, inviting, and fun, Eri effortlessly breaks down this highly effective tool into simple and sensible sections while sharing advice, activities, self-reflections, and exercises that provide partners with step-by-step methods to successfully navigate potentially challenging topics while building more intimacy and connection through the process. With years of experience and expertise in this area, Eri boldly takes readers beyond the traditional constructs of what relationships have been and brilliantly paints a new perspective of what relationships can become: a living and breathing experience that grows as you grow! Eri Kardos is one of the most highly referred relationship coaches in the Pacific Northwest and worldwide. Eri works globally with her clients: from the U.S. to Japan, from Argentina to India, from South Africa to Germany - Eri has delivered hundreds of self-development presentations, workshops, unconferences, and private coaching sessions. She regularly partners with corporations, universities, business groups, and community organizations to bring light to how communication and connection is inherently tied to success. She is passionate about applying her years of experience and understanding to help people in all stages of their relationship - whether intimately dating, newly married, at the brink of divorce, or partnered for over 40 years. Eri inspires people to fall in love more deeply with their partners, themselves, and their relationship!

The Ethical Slut Dossie Easton 2009 "A practical guide to practicing polyamory and open relationships in ways that are ethically and emotionally sustainable"--Provided by publisher.

The Ones We Burn Rebecca Mix 2022-11-08 I AM A WEAPON. USE ME. 'FERAL AND TENDER' CHLOE GONG THE INSTANT NEW YORK TIMES BESTSELLER A fierce, sapphic fantasy about a witch whose mission to assassinate the prince she's betrothed to is compromised by the discovery of a deadly plague - and the beautiful princess intent on stopping it. After years of bloodshed, Ranka's coven has one last mission for her: travel to the human kingdom, marry the prince, and kill him. Easy enough. Except the prince is gentle and kind. And it is his sister, Aramis - wickedly smart and infuriatingly beautiful - who seems to be the real threat. When witches start dying from a mysterious, magical plague, Ranka and Aramis are forced together in a desperate hunt for a cure. Soon, Ranka will have to choose between the witches who raised her, and the princess she may be falling for . . . PRAISE FOR THE ONES WE BURN 'One of the freshest YA fantasies I've read in years' Natasha Ngan 'Romantic, brutal, and hopeful' Hannah Whitten 'I love this book. Rebecca Mix is a writer to watch' Adrienne Tooley 'As beautiful as it is fierce' Adalyn Grace

The Polyamory Toolkit Dan Williams 2019-01-20 For nearly two decades Dan and Dawn have navigated their journey in polyamory by being proactive, insightful and analytical. Early on, there was very little information or resources available, so the adventure required them to learn from their mistakes as well as their successes. Each have multiple partners and have a history of polyamory relationships lasting multiple years. They have put the time and thought into creating a "toolkit" of knowledge others can implement to help their relationships survive and thrive. Dan and Dawn write in an anecdotal, conversational style that is easy to absorb and use.

Building Open Relationships Liz Powell 2018-07-03 Have you read "that book" on non-monogamy and still wondered "But how do you actually DO this?" Are you totally great on the theory of open relationships, but feel like you don't know how it works in practice? Join Dr. Liz Powell, psychologist, speaker, and coach, as she draws from her education, research, and life experience to bring you *Building Open Relationships*. This new book is an all-inclusive guide to beginning and maintaining your non-monogamous life, no matter where you fall under the non-monogamous

umbrella. Complete with worksheets, discussion starters, examples, and hard-won lessons (i.e. my mistakes), this book will give you all the tools you need to be more successful in non-monogamy.

Plain Bad Heroines Emily M. Danforth 2021-02-04 'Brimming from start to finish with sly humour and gothic mischief' SARAH WATERS 'Beguilingly clever, very sexy and seriously frightening' GUARDIAN 'Atmospheric, sexy, creepy...totally addictive' KATE DAVIES, author of *In At The Deep End* 'A gloriously over-the-top queer romp' I PAPER

The New Bottoming Book Dossie Easton 2011-06-09 Three decades ago, this book and its companion volume "The New Topping Book" began teaching tens of thousands of people the joyous arts of BDSM topping and bottoming - not just "how-to," but "why-to"... the insider details of emotional support and ethical interaction during kinky play. Since then, the growing popularity of BDSM, and the blossoming of the Internet as a source of information and connection, have created a whole new universe of possibilities for players. Now, the completely updated revised New Bottoming Book and New Topping Book give even more insights and ideas, updated for a new millennium, about how to be a successful, popular player! What the experts are saying "The only way I can think of to learn more about bottming than Dossie Easton and Janet Hardy teach you in [The New Bottoming Book] is to go out and bottom for yourself." - William A. Henkin, Ph.D., co-author, *Consensual Sadomasochism*

The Smart Girl's Guide to Polyamory Dedeker Winston 2017-02-07 No one likes a know-it-all, but everyone loves a girl with brains and heart. The Smart Girl's Guide to Polyamory is an intelligent and comprehensive guide to polyamory, open relationships, and other forms of alternative love, offering relationship advice radically different from anything you'll find on the magazine rack. This practical guidebook will help women break free of the mold of traditional monogamy, without the constraints of jealousy, possessiveness, insecurity, and competition. The Smart Girl's Guide to Polyamory incorporates interviews and real-world advice from women of all ages in nontraditional relationships, as well as exercises for building self-awareness, confidence in communication, and strategies for managing and eliminating jealousy. If you're curious about exploring group sex, opening up your current monogamous relationship, or ready to "come out" as polyamorous, this book covers it all! Whether you're a seasoned graduate, a timid freshman, or somewhere in between, you'll learn how to discover and craft unique relationships that are healthy, happy, sexy, and tailor-made for you. Because when it comes to your love life, being a know-it-all is actually a great thing to be.

OPEN Rachel Krantz 2022-01-25 ***** 'A starkly naked story of a young woman's adventure of self-discovery, told with a striking lack of shame or apology. Highly recommended.' - Dr. Christopher Ryan, author of *Sex At Dawn* 'Smart, original, ambitious, and deeply absorbing memoir... She succeeds by bringing us deftly and irresistibly into her most intimate pains and joys, stretching our understanding of what commitment and autonomy mean.' - Dr. Wednesday Martin, author of *Untrue & Primates of Park Avenue* 'A perfect guide to our new world, the only problem I had picking up this book was putting it back down. Open compels, entertains, and may ultimately transform its readers.' - Dr. Terry Real, internationally recognised Family Therapist, author, and founder of the Relational Life Institute 'A sexy, messy, necessary look at polyamory' - Advocate When Rachel Krantz met and fell for Adam, he told her that he was looking for a committed partnership - just one that did not include exclusivity. Excited but a little trepidatious, Rachel set out to see whether love and a serious relationship can coexist beyond the familiar borders of monogamy. This is her open and honest true story. Now, in her debut memoir, she chronicles her dive into non-monogamy. With fly-on-the-wall detail and extraordinary perceptiveness, OPEN takes us inside Brooklyn parties and into the wider swinger and polyamory community. Armed with her journalistic instincts, detailed journal entries and interviews with experts and therapists, Krantz also breaks new ground in confronting the unique ways tacit abuse and gaslighting can manifest when things get so complex. Unflinching and brazen, OPEN asks what liberation really looks like, and whether the pleasure really is worth the pain.

The Ultimate Guide to Anal Sex for Women Tristan Taormino 2006-01-27 Described by Salon as 'the bible of female anal sex,' *The Ultimate Guide to Anal Sex for Women* is a comprehensive and creative guide to anal pleasure. Tristan Taormino offers the kind of informed reassurance that can encourage even an absolute beginner to explore this nerve-rich part of the body, either alone or with a partner of any gender. Beginning by dispelling common myths about anal eroticism, Taormino goes on to illustrate anatomy, give tips on building trust and communicating desires, providing reliable, easy-to-understand information.

Many Love Sophie Lucido Johnson 2018-06-26 "A fast-paced debut... A candid, modern take on polyamory for fans of memoirs and graphic novels, and anyone interested in stories of dating, love, and romance." —Library Journal After trying for years to emulate her boomer parents' forty-year and still-going-strong marriage, Sophie realized that maybe the love she was looking for was down a road less traveled. In this bold, graphic memoir, she explores her sexuality, her values, and the versions of love our society accepts and practices. Along the way, she shares what it's like to play on Tinder side-by-side with your boyfriend, encounter—and surmount—many types of jealousy, learn the power of female friendship, and other amazing things that happened when she stopped looking for "the one." In a lot of ways, *Many Love* is Sophie's love letter to everyone she has ever cared for. Witty, insightful, and complete with illustrations, this debut provides a memorable glimpse into an unconventional life.

Designer Relationships Mark Michaels 2015-09-08 Contemporary relationships are in a state of rapid evolution. These changes can and should empower people with the opportunity to develop partnerships based on their own sexualities, understandings, and agreements. This makes it possible to create what Kenneth Haslam, founder of the Kinsey Institute's Polyamory Archive, has called "designer relationships." Designer relationships may encompass: people who bond emotionally but not sexually; people who agree to be non-exclusive; single people who have occasional lovers or friends with benefits; multiple partner configurations where long-term bonds exist among all or some; partnerships in which people are kinky and that make room to explore kink. The possibilities are limitless, and thinking about a partnership as something people can craft allows for flexibility and change. Relationships can open and close or have varying degrees and kinds of openness as circumstances demand. In the context of a designer relationship, decisions are made mutually, consciously, and deliberately. Best-selling authors and nationally known relationship experts Patricia Johnson and Mark A. Michaels are exemplars of this life choice, and have studied polyamory for over 20 years. This book explains exactly how you and your loved ones can design your own life and love.

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.

Sexual Fluidity Lisa M. Diamond 2008 Calls for new categories in sexual identity for women based on research that concludes that they tend to be attracted to the individual rather than gender and their sexuality fluctuates more than men, which stays fixed once established.

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.

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.

Sex at Dawn Christopher Ryan 2021-01-05 The 10th-anniversary edition of the book that radical re-evaluates the origins and nature of human sexuality. Since Darwin's day, we've been told that sexual monogamy comes naturally to our species. Mainstream science — as well as religious and cultural institutions — has maintained that men and women evolved in families in which a man's possessions and protection were exchanged for a woman's fertility and fidelity. In this groundbreaking book, however, Christopher Ryan and Cacilda Jethá argue that human beings evolved in egalitarian groups that shared food, child care, and, often, sexual partners. Weaving together evidence from anthropology, archaeology, primatology, anatomy, and psychosexuality, the authors show how far from human nature monogamy really is. With intelligence and humour, Ryan and Jethá explain how our promiscuous past haunts our contemporary struggles. They explore why many people find long-term fidelity so difficult; why sexual passion tends to fade even as love deepens; why homosexuality persists in the face of standard evolutionary logic; and what the human body reveals about the prehistoric origins of modern sexuality. Shocking, enlightening, and ultimately inspiring, *Sex at Dawn* offers a revolutionary understanding of why we live and love as we do.

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

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