

The Ethical Slut A Practical Guide To Polyamory Open Relationships Other Adventures

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.

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

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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.

Poly Land - Page Turner 2017-05-19

Moving away from the sugar-coated honor-student answers, Page Turner leaves little to the imagination about opening a marriage, while exploring her bisexuality and self-worth. Travel through a complicated polyamorous web, in which her partners do their best to sabotage each other, break the rules, and eventually commit assault.

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.

A World Beyond Monogamy - Jonathan Kent 2021-08

Skills to make every relationship better. We're living through a relationship revolution. Millions around the world are moving beyond coupledness to explore multiple consensual romantic and/or

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sexual connections. One in five Americans are thought to have experimented with 'monogamish,' open relationships, swinging, polyamory, or relationship anarchy and more with the knowledge and consent of all those involved. But to make these relationships work consensually, non monogamous people have to supercharge relating skills like communication and negotiation, skills that can benefit us all, whether we love many or just one. In this ground-breaking book former BBC and Reuters journalist Jonathan Kent takes a comprehensive look at the frontiers of love and sex; the triumphs, the pitfalls, the tools one needs, the lessons we can all learn. A World Beyond Monogamy draws on the first hand experience of scores of people from six continents who are writing their own relationship rules, as well as on the expertise of biologists, sociologists, psychologists, and philosophers.

Thriving in Non Monogamy an Ethical Slut's Guide - Erin Davidson 2020-10-13

Enjoy the healing power of pleasure as you reflect on your ideal relationship We are all deserving and capable of enjoying fulfilling romantic and sexual relationships. Thriving in Non-Monogamy will guide you through the process of getting in touch with your inner ethical slut, evaluating relationship values, honoring your needs and fears, and developing the tools to build relationships that work best for you. Whether that means ethically opening up or improving a monogamous arrangement, this ethical slut handbook provides stories from people of all genders, sexual orientations, and relationship arrangements who confront their unmet needs, insecurities, internalized trauma, and struggles with open relationships. You'll also find reflection questions to help you approach your own arrangement with curiosity, openness, and compassion. Learn about the principles of being an ethical slut with: No judgment-- Thriving in Non-Monogamy breaks down the shame surrounding negative messages that are

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internalized about sex and relationships.

Learning limits--Includes a guide to an ethical slut setting boundaries and rules within open relationships. Thoughtful reflections--Challenge yourself to identify and process difficult emotions and improve relationship communication skills. Ethical slut may sound like an oxymoron, but it is a way of thinking that can teach you to overcome jealousy, enjoy sex, and honor yourself.

The Ethical Slut, Second Edition - Janet W. Hardy 2011-04-20

The essential guide for singles and couples who want to explore polyamory in ways that are ethically and emotionally sustainable. For anyone who has ever dreamed of love, sex, and companionship beyond the limits of traditional monogamy, this groundbreaking guide navigates the infinite possibilities that open relationships can offer. Experienced ethical sluts Dossie Easton and Janet W. Hardy dispel myths and cover all the skills necessary to maintain a

successful and responsible polyamorous lifestyle--from self-reflection and honest communication to practicing safe sex and raising a family. Individuals and their partners will learn how to discuss and honor boundaries, resolve conflicts, and to define relationships on their own terms. "I couldn't stop reading it, and I for one identify as an ethical slut. This is a book for anyone interested in creating more pleasure in their lives . . . a complete guide to improving any style of relating, from going steady to having an extended family of sexual friends." --Betty Dodson, PhD, author of Sex for One

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

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difficult, often rewarding territory. Warm, informative details about how to get your needs met, manage your jealousy, make agreements that...'

Polyamorous - Jenny Yuen 2018-11-17

A look at how people are giving themselves a choice to love another way. More people than ever are exploring the possibility of opening up their relationships — and not only that, they are fighting for their legal rights to love however and whomever they choose. In Polyamorous, reporter Jenny Yuen digs into how polyamory affects underrepresented communities, why these unions are becoming more normalized, and how relationships with multiple partners can be a practical alternative to monogamy and an intriguing expedition through uncharted emotional territory. Pairing off is no longer the default option for many. For some, polyamory is just a part of who they are.

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

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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.

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.

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Unflinching and brazen, OPEN asks what liberation really looks like, and whether the pleasure really is worth the pain.

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 Sadoomasochism*

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

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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.

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.

The Threesome Handbook - Vicki Vantoch
2007-08-31

A step-by-step guide to realizing the American

dream, The Threesome Handbook: A Practical Guide to Sleeping with Three is the first book to give tri-curious men and women the inside scoop on threesomes. Having finally slipped into the mainstream — on MTV, Boston Legal, Entourage, magazines, movies, and just about every respectable blog — sexuality historian and threesome dabbler Victoria Vantoch offers practical and humorous advice on our most popular fantasy. Featured in The Threesome Handbook: - The perks of three: hotter sex, more love - Strategies to prevent freak-outs, jealousy, and general messiness - How to find the perfect third - Discovering your inner queer - When a ménage turns into love—how to create a successful triad relationship - Communication skills for couples - Knowing when to break it off - And much, much more. Drawing on personal experience, historical research, advice from pros, and hundreds of interviews with veteran and novice threesome adventurers, Vantoch covers the gamut of possibilities in threesome

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sex and triad relationships. The Threesome Handbook is the essential road map for couples and singles to explore new territory or just spice things up in the sack.

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

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common usage since the last edition.

Greedy: Notes from a Bisexual Who Wants Too Much - Jen Winston 2021-10-05

A hilarious and whip-smart collection of essays, offering an intimate look at bisexuality, gender, and, of course, sex. Perfect for fans of Lindy West, Samantha Irby, and Rebecca Solnit—and anyone who wants, and deserves, to be seen. If Jen Winston knows one thing for sure, it's that she's bisexual. Or wait—maybe she isn't? Actually, she definitely is. Unless...she's not? Jen's provocative, laugh-out-loud debut takes us inside her journey of self-discovery, leading us through stories of a childhood "girl crush," an onerous quest to have a threesome, and an enduring fear of being bad at sex. *Greedy* follows Jen's attempts to make sense of herself as she explores the role of the male gaze, what it means to be "queer enough," and how to overcome bi stereotypes when you're the posterchild for all of them: greedy, slutty, and constantly confused. With her clever voice and

clear-eyed insight, Jen draws on personal experiences with sexism and biphobia to understand how we all can and must do better. She sheds light on the reasons women, queer people, and other marginalized groups tend to make ourselves smaller, provoking the question: What would happen if we suddenly stopped? *Greedy* shows us that being bisexual is about so much more than who you're sleeping with—it's about finding stability in a state of flux and defining yourself on your own terms. This book inspires us to rethink the world as we know it, reminding us that *Greedy* was a superpower all along.

What Love Is - Carrie Jenkins 2017-01-24

A rising star in philosophy examines the cultural, social, and scientific interpretations of love to answer one of our most enduring questions: What is love? Aside from being the title of many a popular love song, this is one of life's perennial questions. In *What Love Is*, philosopher Carrie Jenkins offers a bold new theory on the nature of

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romantic love that reconciles its humanistic and scientific components. Love can be a social construct (the idea of a perfect fairy tale romance) and a physical manifestation (those anxiety-inducing heart palpitations); we must recognize its complexities and decide for ourselves how to love. Motivated by her own polyamorous relationships, she examines the ways in which our parameters of love have recently changed-to be more accepting of homosexual, interracial, and non-monogamous relationships-and how they will continue to evolve in the future. Full of anecdotal, cultural, and scientific reflections on love, *What Love Is* is essential reading for anyone seeking to understand what it means to say "I love you." Whether young or old, gay or straight, male or female, polyamorous or monogamous, this book will help each of us decide for ourselves how we choose to love.

Radical Ecstasy - Dossie Easton 2011-08-02
For millennia, seekers have used physical and

emotional extremes to achieve transcendence and exaltation. Today, many BDSM and leather practitioners are discovering the potential of SM practice to reach personal, interpersonal and spiritual goals. In *Radical Ecstasy*, bestselling BDSM/sexuality authors Easton and Hardy document their own journeys into the transcendent realm of kink. With their trademark frankness and humor, they share their own stories and philosophies. They also share techniques that have worked for them - techniques which combine tantric breathing, visualization and movement with a combined half-century of BDSM experience - to create states of transcendence during solo and partnered sexual and BDSM practice. As outrageously revolutionary as any sex book published in the last decade, *Radical Ecstasy* sets the stage for the new millennium in BDSM and sacred-sex practices - a "must" for any kink, tantra, pagan or sacred-sex practitioner. "Amazingly mindful exploration of that which

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cannot be easily put into words... the ecstatic experience from sex to sadomasochism, from trance to intuition to archetypes and spiritual awakening. Totally real and personal. Not a 'how to' but a nurturing 'can do' book." - Fakir Musafar, father of the modern primitive movement. "Progressive, deliciously honest, and HOT HOT HOT! Dossie and Janet ask difficult questions about the nature of sex, intimacy and ecstasy, then they actually manage to answer the questions, plus turn us on when they do. These two erotically gifted women have a way with words - and sex. They raise the bar on erotic writing and sex education to new heights. I'm in awe." - Annie Sprinkle, Ph.D., prostitute/porn star turned sex guru/sexologist "Fascinating, heartfelt, honest, real stories of the heart/spirit/energy connection experienced in the passionate rituals of intimate consensual

power play. These two courageous women write brilliantly of how erotic energies connect us with the big love we all seek from the source." - Cleo Dubois, educator, ritualist, video producer/star **Redefining Our Relationships** - Wendy-O Matik 2020-03

Don't let the title fool you. this IS a serious, thoughtful (and thought-provoking) comprehensive introduction to, and examination of, a much misunderstood and misused practice. But more than that, it is a witty, provocative, damn fine read, with as much to offer to the faithfully monogamous as to those looking for a bit more out of life, love and relationships. Go on. Dive in. "Wendy-O tackles a touchy subject with clarity and creativity. She is wise beyond her years. This guide teaches you how you can have it all. I gave the jealousy tips to my lover immediately." [Annie Sprinkle]

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