

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

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.

The New Topping Book Dossie Easton 2011-11-07 Two decades ago, this book (and its companion volume, The New Bottoming 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 Topping Book gives even more insights and ideas, updated for a new millennium, about how to be a successful, popular player! "Easton and Hardy tackle the Top... and bring that elusive critter down neatly and with a certain flair. This is good stuff, important stuff... an excellent guide to topping, both for the rank novice and for the player who just wants words to put to all the thoughts and feelings that have resisted categorization." - Laura Antoniou, Sandmutopian Guardian

Straight Jacket Matthew Todd 2018 Written by Matthew Todd, editor of Attitude, the UK's best-selling gay magazine, Straight Jacket is a revolutionary clarion call for gay men, the wider LGBT community, their friends and family. Part memoir, part ground-breaking polemic, it looks beneath the shiny facade of contemporary gay culture and asks if gay people are as happy as they could be - and if not, why not? In an attempt to find the answers to this and many other difficult questions, Matthew Todd explores why statistics show a disproportionate number of gay people suffer from mental health problems, including anxiety, depression, addiction, suicidal thoughts and behaviour, and why significant numbers experience difficulty in sustaining meaningful relationships.

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.

Shameless Nadia Bolz-Weber 2019-01-30 Christians are obsessed with sex. But not in a good way. For nearly two thousand years, this obsession has often turned destructive, inflicting pain, suffering, and guilt on countless people of all persuasions and backgrounds. In *Shameless*, Bolz-Weber calls for a reformation. To make her case, she offers experiences from her own life and stories from her parishioners alongside biblical theology to explore what the church has taught, and the harm those teachings have caused.

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.

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.

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 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.

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...'

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.

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 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*

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 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

Single White Incubus E.J. Russell 2018-10-22 Does a bear shift in the woods? Well, partially. That was what got grizzly shifter Ted Farnsworth into trouble. He wasn't trying to break the Secrecy Pact. He just wants people to see the real him. So he signs up with the mate-matching service Supernatural Selection — which guarantees marriage to a perfect partner. Not only will Ted never be lonely again, but once his new beaver shifter husband arrives, they'll build Ted's dream wilderness retreat together. Win-win. Quentin Bertrand-Harrington, scion of an incubus dynasty, has abstained from sex since nearly killing his last lover. When his family declares it's time for him to marry, Quentin decides the only way not to murder his partner is to pick someone who's already dead. Supernatural Selection finds him the ideal vampire, and Quentin signs the marriage agreement sight unseen. But a mix-up at Supernatural Selection contracts Quentin with Ted. What's Ted supposed to do with an art historian who knows more about salad forks than screwdrivers? And how can Quentin resist Ted's mouthwatering life force? Yet as they work together to untangle their inconvenient union, they begin to wonder if their unexpected match might be perfect after all.

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 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.

Existential Kink Carolyn Elliott 2020-03-01 A smart, sexy guide to embracing the repressed, tabooed, and often unwanted aspects of ourselves so we can discover our inner power and finally live the life we deserve. “We always get exactly what we want; but often, though we may not be aware of it, what we most want is dark—very dark.” Each of us has a dual nature: we are light (conscious) and dark (unconscious). The dark side of our personality—the “other,” the shadow side—is made up of what we think is our primitive, primal, negative impulses—our “existential kink.” Our existential kink also drives the dark or negative repeating patterns in our life: always choosing the abusive partner or boss, settling for less, thinking that we’re undeserving, not worthy. But it also is the source of our greatest power. In *Existential Kink*, Carolyn Elliott, PhD, offers a truth-telling guide

for bringing our shadow into the light. Inviting us to make conscious the unconscious, Elliott asks us to own the subconscious pleasure we get from the stuck, painful patterns of our existence. Existential Kink provides practical advice and meditations so we truly see our shadow side's "guilty pleasures," love and accept them, and integrate them into our whole being. By doing so, Elliott shows, we bring to life the raw, hot, glorious power we all have to get what we really want in our lives.

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.

The Art of the Hook Up Georgie Wolf 2019-09-14 Hook-up culture is bigger than ever, but few of us are getting exactly what we want. In this straightforward guide, Aussie escort Georgie Wolf offers practical strategies for casual sex and online dating. She shows how communication, consent, and connection can put you ahead of the competition at every stage of the hook-up process.

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 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.

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.

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 compersion, 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.

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.

Sexuality, Sport and the Culture of Risk Keith Gilbert 2005
Explore serious issues in Youth Culture across a broad range of contexts. Deal with subject matter that challenge ideas within theories, methodologies and lifestyles that are confrontational, post-modern in perspective and are designed to question the comfortable research zones of many traditional academics.

Tying and Flying Shay Tiziano 2019-09-21 Self-suspension can

be used for dynamic movement, exploring intense sensation, performance, learning partnered bondage, ritual, and more. This first-ever guide to self-suspension takes a thorough and nondogmatic approach, including everything from meticulous safety information to practical step-by-step rope bondage instruction. Beautiful color photography with a diverse range of self-suspenders is featured throughout.

Safe, Sane and Consensual Darren Langdridge 2007-11-08 This book includes work on sadomasochism from across the social sciences including discussions of the history and culture of SM, medical and legal issues, along with theory and original research on the topic. With contributions from academics, practitioners and activists, this book represents some of the most recent cutting edge work in the field.

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.

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*

Wide Open Gracie X 2015-09-01 At a time when society no longer imposes many sexual taboos, why is open marriage still considered beyond the pale? Written by Gracie X, *Wide Open* is an enthusiastic, honest, and sometimes raw account of one woman's experience living polyamorously within the context of her average American family. Gracie X—a suburban mother of two—has been married to her loving husband, Hank, for 25 years. The problem is that their once-vibrant sex life has shriveled to nothing. Meanwhile, she has fallen in love with another man, for whom she has an overwhelming physical yearning. Frustrated and conflicted but determined not to give up her hard-won home life and wonderful husband, she is desperate for a creative solution. Can she somehow keep both men in her life without resorting to divorce or dishonesty? A friend introduces Gracie to polyamory: loving and being faithful to more than one person at a time. "Poly," it turns out, is a whole new world, with dedicated

counselors, parties, and dating sites. Convincing Hank ended up being the easy part: he quickly found a girlfriend and accepted Gracie's terms. Their children, although upset at first, adjusted to having their parents' "special friends" around, and having Hank and his girlfriend in one duplex, with Gracie and her new boyfriend, Oz, next-door, seemed like an inspired solution. But would trying to go poly create as many problems as it was trying to solve? In her candid and provocative memoir, *Wide Open*, Gracie details the years she has spent exploring the poly lifestyle and creating her "chosen family." A fiercely intelligent feminist, she challenges traditional ideas about monogamy, fidelity, and sexuality. From swinger parties and strip clubs to sex toys and pornography, this is an edgy and thought-provoking read. Yet erotica and tenderness share space here, with Gracie's true love for both Hank and Oz—as well as her two children—coming through very clearly. *Wide Open* reveals—with humor, integrity and heart—how one woman blended love, sex and marriage in unconventional ways and found the fulfillment she was looking for.

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.

Lesbian Sex Bible Diana Cage 2014-08-01 The explicit and essential guide to sex for lesbian, bisexual, and queer women—winner of the Lambda Literary Award for Lesbian Erotica (2015). The Lesbian Sex Bible is a fresh, funny, irreverent, and inclusive look at lesbian sexuality. This book encourages women to talk freely about sex and to deepen and expand their sexual knowledge. Above all, it empowers women of all sexual identities to have the hottest sex possible. Lesbian, bisexual, bicurious, trans, butch, femme, androgynous, seasoned dykes, and curious new comers alike will want to keep this book on the nightstand. Filled with explicit techniques and tips for enhancing your intimacy and pleasure, each chapter focuses on individual elements of lesbian sex while also providing frank advice about lesbian dating and relationships, gender, identity, and sexual culture. Highlighting strategies for sexual satisfaction and erotic empowerment, The Lesbian Sex Bible is a comprehensive guide for lesbians and all women interested in expanding their sexual knowledge.

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.

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.

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 Spectre of Promiscuity Christian Klesse 2016-03-03 Wide-ranging research suggests that partners in gay male and bisexual relationships do not necessarily expect monogamy, or see it as an important issue. Although the frequency of gay male and bisexual non-monogamous partnerships tends to be widely acknowledged in social science literature, these relationships have rarely been

explored in more detail. By providing rich empirical data, thoughtful analysis and theoretical debate, this book makes a significant contribution to the sociological literature on sexual and intimate relationships. More specifically it explores the diversity of gay male and bisexual relationship practices in the context of heteronormative citizenship and intra-social movement conflict, and highlights the complexity of power relations that circumscribe queer people's relationships and sexual lives.

Written in an accessible and engaging manner, *The Spectre of Promiscuity* provides important insights for further studies on sexual culture, discourse, citizenship, politics and ethics.

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.

Slutever Karley Sciortino 2018-02-06 *Slutever* is a call-to-arms, a confessional memoir, and a slut manifesto—and it's all thanks to a sex-radical hedonist in a pink PVC mini dress. "Slut" is a great word. It just sounds perfect—so sharp and clear and beautiful. It's one of those satisfying four letter words, like cunt and fuck. Slut also happens to be an anagram for lust, which is one of those divine coincidences that makes you wonder if God actually exists. We're lucky that slut is such a great word, because it's safe to say that almost every woman will be called a slut at least once in her lifetime. Despite a slowly shifting sexual double standard, it's still taboo to be a woman who's openly sexual—let alone one who sleeps around. Now Vogue columnist Karley Sciortino is on a mission to reclaim the word "slut" to represent a person who seeks out visceral experiences through sex, and who isn't ashamed about it. Sluts are special. Sluts are radical. And sluts are skilled at time management, because they can handle multiple partners on rotation, plus their jobs and their blogs and their

beauty routines. Not everyone is qualified for this coveted position. Slutever is a thoughtful, first-person account of a modern woman, navigating sex, love, casual hookups, open relationships,, bisexuality, BDSM, breakups, sex work, sex parties, and the power of sexual agency, as told from the front lines.

How to transcend a happy marriage (TCG Edition) Sarah Ruhl 2019-09-03 “This new play is a subversive enchantment. It is part absurd domestic seriocomedy, part erotic magic realism, unflinching about taboos and about questioning that, just maybe, monogamy isn’t enough.” —Linda Winer, Newsday Over dinner with another married couple, George and her husband grow fascinated by stories of their friends’ new acquaintance—an intriguing younger woman named Pip. What begins as an innocent intellectual discussion turns into a sexually explosive New Year’s Eve party after George extends an invitation to Pip and her two live-in boyfriends, raising the question: What ultimately binds human beings together?

Polyamory in the 21st Century Deborah Anapol 2010-08-16 Unlike other books on this topic, *Polyamory in the 21st Century* weaves together research and facts to provide an informed and impartial analysis of polyamory as a lifestyle and as a movement, and to place it in a psychosocial as well as an historical context. Anecdotes and personal experiences allow the reader to develop a better understanding of polyamory and the people who practice and enjoy it. Anapol addresses the practical, the utopian, and the shadow sides of this intriguing, mysterious, yet often threatening lifestyle. It honestly addresses difficult issues such as the nature of commitment without exclusivity, balancing personal needs with loyalty to a partner, evaluating beliefs about love and relationship, the impact of polyamory on children, and the challenges that arise when one partner wants monogamy and another prefers polyamory. Without judgement, she explores this increasingly common practice, and reveals the true nature of a

lifestyle that many do not understand.

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