

Polysecure Attachment Trauma And Consensual Nonmonogamy

PolysecurePolysecureThe Jealousy WorkbookAskA Therapist ' s Guide to Consensual NonmonogamySex From ScratchPolysecureLive from the Fifth GradeI Am Nujood, Age 10 and DivorcedThe Ethical SlutIt's Called "Polyamory"Stepping Off the Relationship EscalatorOpen Thinking in a Closed WorldOpening UpWhat Love IsMany LoveLove's Not Color BlindStories From the PolyculeThe New Bottoming BookAn Emotionally Focused Workbook for CouplesPower Circuits: Polyamory In a Power DynamicCuntA Happy Life in an Open RelationshipThe Polyamory ToolkitLove In AbundanceLoving BravelyGetting ItThe Smart Girl's Guide to PolyamoryWhen Someone You Love Is PolyamorousTurn This World Inside OutPlaying FairA Century of SpellsThe Politics of TraumaOpen MarriageGirl Sex 101Polyamory and JealousyCompersionAdagio Ma Non TroppoThe Polyamory Breakup BookTechnology and Consumption

Polysecure

The true story of a Yemeni child bride describes her forced marriage to an abusive husband three times her age, her pursuit of the marriage's dissolution, and the cultural factors that place girls at risk in Yemeni society.

Polysecure

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!

The Jealousy Workbook

Roger Friday loves to play tricks on Marsha Cessano, but when he investigates a robbery at school, he finds the best man for the job is Marsha.

Ask

Technology and Household Consumption is a comprehensive text that provides insights into technology ' s impact on consumer behavior and the household

environment. Consumption and consumer behavior has become a very important subject of study that is now covered in many disciplines including family economics, culture studies, and feminist/women studies. In the first section, this book provides a historical perspective on how consumer behaviors have changed because of technology and how technology itself has changed. Data on ownership and expenditures is detailed in describing the penetration of technology in the household and changes over time. In the examination of demographics and social changes, an emphasis is placed on women and children. As it is important to understand the entry paths and factors that influence them, the book also introduces a research framework to understanding the adoption and utilization of household technologies. In the second section, the book examines specific household technologies and consumption experiences including shopping choices and behaviors, entertainment outlets and availability, communications technologies, and working at home. The book concludes with a section on the relationships between marketers and consumers.

A Therapist ' s Guide to Consensual Nonmonogamy

Welcome to the polycule: the network created by the interconnections of polyamorous relationships. Just like the molecules that make up all living things, polycules come in diverse forms: large, small, tightly bound, loosely connected, static, ever-changing. How do polycules form, what do they look like, how do they transform through time, and how do they, sometimes, end? The first of its kind, this anthology brings together stories, poems, drawings and essays created by real people living in polycules. Children describe life with more than two parents; adults share what it's like to parent with more than one partner. We hear from triads, solos, people who have felt polyamorous their entire lives, and people exploring poly for the first time. Some whimsical, some hilarious, some heartbreaking, some mundane, some life-changing—all pieces reflect the diverse reality of polyamorous families.

Sex From Scratch

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.

Polysecure

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. For 20 years *The Ethical Slut* 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 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 poly pioneers, and new sidebars on topics such as asexuality, sex workers, 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.

Live from the Fifth Grade

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.

I Am Nujood, Age 10 and Divorced

Advocates the importance of individuality in both partners in order to develop an open relationship in marriage

The Ethical Slut

Consensual nonmonogamy (CNM) means that all partners in a relationship consent to expanded monogamy or polyamory. Clinicians are on the front line in providing support for the estimated millions pioneering these modern relationships. This first available guide for therapists provides answers to prevalent questions: What is the difference between expanded monogamy and polyamory? Is CNM healthy and safe? Why would someone choose the complexities of multiple partners? What about the welfare of children? Through illustrative case studies from research and clinical practice, therapists will learn to assist clients with CNM agreements, jealousy, sex, time, family issues, and much more. A Therapist's Guide to Consensual Nonmonogamy serves as a step forward toward expanding standard clinical training and helps inform therapists who wish to serve the CNM population.

It's Called "Polyamory"

The issues that make monogamous dating daunting for people of color—shaming and exclusion by white partners, being fetishized, having realities of everyday racism ignored—occur in polyamorous relationships too, and trying "not to see race" only makes it worse. To make polyamorous communities inclusive, we must all acknowledge our part in perpetuating racism and listen to people of color. Love's Not Color Blind puts forward the framework—through research, anecdotal

testimony, and analogy—for understanding, identifying, and confronting racism within polyamorous communities.

Stepping Off the Relationship Escalator

“ 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.

Open Thinking in a Closed World

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.

Opening Up

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.

What Love Is

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

Many Love

Beyond the basics of polyamory lies a complex web of negotiations, agreements, pitfalls and rewards. Kathy Labriola, a relationships counselor who has worked for many years with singles, couples and groups in polyamorous and open relationships, sets forth some of the realities of alternative lifestyles: dealing with some of the common relationship-disrupters, managing jealousy, choosing compatible partners, combining BDSM with polyamory, distinguishing between sex addiction and polyamory, and much more.

Love's Not Color Blind

As seen on The TODAY Show! “ A godsend to anyone searching for, but struggling to find, true love in their lives. ” —Kristin Neff, PhD, author of Self-Compassion "Empowering and compassionate, and its lessons are universal." —Publishers Weekly Real love starts with you. In order to attract a life partner and build a healthy intimate relationship, you must first become a good partner to yourself. This book offers twenty invaluable lessons that will help you explore and commit to your own emotional and psychological well-being so you can be ready, resilient, and confident in love. Many of us enter into romantic relationships full of expectation and hope, only to be sorely disappointed by the realization that the partner we 've selected is a flawed human being with their own neuroses, history, and desires. Most relationships end because one or both people haven 't done the internal work necessary to develop self-awareness and take responsibility for their own experiences. We 've all heard “ You can 't love anyone unless you love yourself, ” but amid life 's distractions and the myth of perfect, romantic love, how exactly do you do that? In Loving Bravely, psychologist, professor and relationship expert Alexandra H. Solomon introduces the idea of relational self-awareness, encouraging you to explore your personal history to gain an understanding of your own relational patterns, as well as your strengths and weaknesses in relationships. By doing so, you 'll learn what relationships actually require, beyond the fairytale notions of romance. And by maintaining a steady but gentle focus on yourself, you 'll build the best possible foundation for making a loving connection. By understanding your past relationship experiences, cultivating a strong sense of self-awareness, and determining what it is you really want in a romantic partner—you 'll be ready to find the healthy, lasting love your heart desires.

Stories From the Polycule

An essential tool for healers, therapists, activists, and survivors of trauma who are interested in a justice-centered approach to somatic transformation. *The Politics of Trauma* offers somatics with a social analysis. This book is for therapists and social activists who understand that trauma healing is not just for individuals--and that social change is not just for movement builders. Just as health practitioners need to consider the societal factors underlying trauma, so too must activists understand the physical and mental impacts of trauma on their own lives and the lives of the communities with whom they organize. Trauma healing and social change are, at their best, interdependent. Somatics has proven to be particularly effective in addressing trauma, but in practice it typically focuses solely on the individual, failing to integrate the social conditions that create trauma in the first place. Staci K. Haines, somatic innovator and cofounder of generative somatics, invites readers to look beyond individual experiences of body and mind to examine the social, political, and economic roots of trauma--including racism, environmental degradation, sexism, and poverty. Haines helps readers identify, understand, and address these sources of trauma to help us bridge individual healing with social transformation.

The New Bottoming Book

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.

An Emotionally Focused Workbook for Couples

"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 these emotional experiences 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. It provides nonmonogamous people with a new set of tools to navigate the complexities of multiple loving relationships, and offers radical new concepts that are sure to influence the conversation about attachment theory"--

Power Circuits: Polyamory In a Power Dynamic

Poetry. Asian & Asian American Studies. Translated by Lindsay Turner. Introduction by Sawako Nakayasu. Ryoko Sekiguchi takes the letters Fernando Pessoa wrote his would-be fiancé Ophelia Queiroz as her subject matter in *ADAGIO MA NON TROPPO*. *ADAGIO*'s 36 prose blocks--appearing in Japanese, French, and English for the first time in the 2018 Les Ficus Press trilingual edition (trans. Lindsay Turner)--echo the 36 letters Pessoa addressed to Queiroz dated from March 1, 1920, until January 11, 1930. Sekiguchi reconceives the Lisbon Pessoa and Queiroz describe in their correspondence as a map over which rendezvous, affairs, and liaisons can be continued through writing. "Written words," she asks, "do they erase themselves? [] or instead do all words, once read,

never disappear?" Sekiguchi superimposes objects over a landscape where names carry shapes, directions, and the places to which they refer. In her Lisbon, a chair slid into daylight or set before a window punctuates time like comma in a sentence. An old couple contemplating ducks indicates a line between two points like a parasol taken from its stand announces a departure. As love establishes boundaries and relationships between people, if our objects convey our love for one another, then Sekiguchi traces the paths and perimeters lovers leave behind. Originally published in a bilingual edition containing Sekiguchi's self-translation into the French (*Le bleu du ciel é ditions*, 2007), *ADAGIO MA NON TROPPO* belongs in the same category as the modernist works of Franz Kafka and Pessoa--as well as the recent epistolary work of Marguerite Duras, Roland Barthes, Karl Ove Knausgaard, Maggie Nelson, and Claire-Louise Bennett--writing as a philosophic and aesthetic act that reshapes our notions of time, space, translation, and love. "What a delicate pleasure, meeting with Ryoko Sekiguchi's *ADAGIO MA NON TROPPO*, planning such a meeting, being delayed, being fulfilled, moving through one's streets with this book in hand. This is such a work of commune. It is a machiawase and rendezvous and an appointment, lush but careful, anticipatory but reflective. It isn't simply an encounter between reader and author, but so, too, in that meeting place, is Fernando Pessoa and Ophelia Queiroz, Sawako Nakayasu (whose welcoming introduction induces our readerly pathways) and Lindsay Turner (whose vibrantly attuned translation underscores another set of correspondents, its three languages Japanese, French, and English). Through these instructions, volitions, and fleeting glimpses--the various kinds of light falling on interior and exterior places one and the same--we are reminded what it is to seek, as an everyday task, the beloved."--Ryo Yamaguchi

Cunt

Nurturance culture is the inverse of abuse and patriarchy; its practice could be answer to systemic violence and oppression.

A Happy Life in an Open Relationship

Modern life calls for modern relationship advice. *Sex From Scratch: Making Your Own Relationship Rules* is a love and dating guidebook that gleans real-life knowledge from smart people in a variety of nontraditional relationships. Instead of telling people how to snag a man and find "true love," the book sums up what dozens of diverse folks have learned the hard way over time—life advice from people making open relationships work to people who 've decided they 're never going to have kids—that is helpful to anyone, in any type of relationship. This is an essential, fun, insightful resource whose time has come.

The Polyamory Toolkit

A practical guide to making sexually open arrangements work outlines options for transforming monogamous relationships into effective polyamorous ones, in a reference that addresses such topics as boundary setting, child-raising, and conflict resolution. Original.

Love In Abundance

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 book 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

Loving Bravely

"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.

Getting It

This workbook is intended for use with couples who want to enhance their emotional connection or overcome their relationship distress. It is recommended for use with couples pursuing Emotionally Focused Therapy (EFT). It closely follows the course of treatment and is designed so that clinicians can easily integrate guided reading and reflections into the therapeutic process. The material is presented in a recurring format: Read, Reflect, and Discuss. Readings help couples look at their relationship through an attachment lens, walking them through the step-by-step process of creating a secure relationship bond. 33 Reflections invite readers to engage with the material personally, expanding their own awareness and ability to tune into their partner. Discussion sections suggest relationship-building exercises and a framework for conversations that promote safety, disclosure, and engagement. Case examples, along with informative illustrations, are scattered throughout the book to validate, illustrate, and inspire couples along their journey. Clinicians conversant with EFT can use this workbook to extend the effectiveness of their work with couples by giving them structured tasks to work on between sessions. For clinicians training in EFT, the book can guide them in staying focused on the EFT roadmap and illuminate how important change events unfold.

The Smart Girl's Guide to Polyamory

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

When Someone You Love Is Polyamorous

An insightful yet easy to understand book that looks at alternative relationships and makes sense of the non-monogamous/polyamorous way of life. The quickest way to destroy a relationship is to make it fit into something it is not. Monogamy is a term that humans have used to define their relationships - that we should only be attached to one person for our entire (adult) lives. What if, instead of trying to make our relationships fit outdated and inaccurate models, we took the plunge and opened our minds to the possibility of other relationship styles? What if we admitted that for some people monogamy just doesn't work, and accepted that there are other paths to follow? Having an open mind about many things in life can introduce the possibility of various positive aspects that you never even thought about before, often making life more enjoyable. Instead of seeing the world through a black and white lens, it is like seeing it through a wide range of colors. With chapters that include an understanding of how being single and solo-polyamorous, female and poly and where to begin, this book will help both couples and individuals navigate the world of alternative relationships.

Turn This World Inside Out

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Playing Fair

An ancient title of respect for women, the word " cunt " long ago veered off this noble path. Inga Muscio traces the road from honor to expletive, giving women the motivation and tools to claim " cunt " as a positive and powerful force in their lives. With humor and candor, she shares her own history as she explores the

cultural forces that influence women ' s relationships with their bodies. Sending out a call for every woman to be the Cuntlovin ' Ruler of Her Sexual Universe, Muscio stands convention on its head by embracing all things cunt-related. This updated edition features a new foreword by Betty Dodson, an introduction by Derrick Jensen, a new afterword by the author and an updated and expanded resource section.

A Century of Spells

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.

The Politics of Trauma

"Girl Sex 101 is the best sex guide in years." - DIVA Magazine Girl Sex 101 is a sex-ed book like no other, offering helpful info for ladies and lady-lovers of all genders and identities, playful and informative illustrations on each page, and over 100 distinct voices, plus a hot narrative that shows you how to put the info to good use! Learn how to navigate the twists and turns of female sexuality, with special guidance from thirteen guest sex educators including Nina Hartley, Sex Nerd Sandra, Jiz Lee, Tristan Taormino, Julia Serano, Reid Mihalko and more! Girl Sex 101 will teach you *The bits and pieces that make up female sexual anatomy *Simple ways to communicate in the heat of the moment *How to build a Road Map of your partner s pleasure *Essential moves for cunnilingus, strap-ons, hand sex and more! *Positions to avoid fatigue and generate the power you need to rock your girl's world! You'll gain confidence to please your girl, no matter what your hands-on experience. Buckle your seat belt and get ready to ride!

Open Marriage

Good news, my guy! Alternatives to the strict limitations of monogamy await. By understanding and practicing polyamory, you can be empowered to live the limit of your romantic appetites and build networks of love that nourish and challenge you. But this new frontier of love will test you. Can you navigate discussions of jealousy with responsibility and care? Are you prepared to overthrow self-sabotaging patterns of neglect and deception? Can you employ your strength and confidence to shoulder the emotional duties of multiple relationships? If yes, then this is the book for you. Within, you'll learn the skills and tools you'll need to navigate the waters of conscientious nonmonogamy. This is a manual for those in it for more than the love of the game.

Girl Sex 101

Power Circuits is an alliance between two alternative lifestyles: polyamory, or multiple open and honest romantic relationships; and power dynamics, relationships that choose to be consciously and deliberately unequal in power, such as dominant/submissive or master/slave. Both lifestyles are on the cutting-edge frontiers of romantic and sexual relating, and for a long time practitioners of both have found little sympathy in either camp. This is the first book of its kind that navigates the waters of effective polyamory and power exchanges, with many essays from the brave practitioners who swim there.

Polyamory and Jealousy

Have you ever heard the phrase "It's easier to ask forgiveness than permission?" Violating consent isn't limited to sexual relationships, and our discussions around consent shouldn't be, either. To resist rape culture, we need a consent culture—and one that is more than just reactionary. Left confined to intimate spaces, consent will atrophy as theory that is never put into practice. The multi-layered power disparities of today's world require a response sensitive to a wide range of lived experiences. In *Ask*, Kitty Stryker assembles a retinue of writers, journalists, and activists to examine how a cultural politic centered on consent can empower us outside the bedroom, whether it's at the doctor's office, interacting with law enforcement, or calling out financial abuse within radical communities. More than a collection of essays, *Ask* is a testimony and guide on the role that negated consent plays in our lives, examining how we can take those first steps to reclaim it from institutionalized power.

Compersion

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 Elliot, PhD, offers a truth-telling guide for bringing our shadow into the light. Inviting us to make conscious the unconscious, Elliot 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, Elliot shows, we bring to life the raw, hot, glorious power we all have to get what we really want in our lives.

Adagio Ma Non Troppo

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.

The Polyamory Breakup Book

"A comprehensive and fun-to-read guidebook for people of all sexual identities and experience levels, Getting It covers all the bases of hook-up culture from first moves and sex etiquette to navigating nonmonogamy and sexual health"--

Technology and Consumption

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 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.

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