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# Polyamory In The 21st Century Love And Intimacy With Multiple Partners

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Does Monogamy Work?: A Primer for the 21st Century (The Big Idea Series) Duke University Press

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]

**Undoing Monogamy** Rowman & Littlefield Provides an analysis of polyamory--having an intimate relationship with more than one person at a time--looking at the practice as a lifestyle and as a movement, and includes anecdotes of personal experiences.

**Many Love ABC-CLIO**

A provocative exploration of the tension between our evolutionary

history and our modern woes—and what we can do about it. We are living through the most prosperous age in all of human history, yet we are listless, divided, and miserable. Wealth and comfort are unparalleled, but our political landscape is unmoored, and rates of suicide, loneliness, and chronic illness continue to skyrocket. How do we explain the gap between these truths? And how should we respond? For evolutionary biologists Heather Heying and Bret Weinstein, the cause of our troubles is clear: the accelerating rate of change in the modern world has outstripped the capacity of our brains and bodies to adapt. We evolved to live in clans, but today many people don't even know their neighbors' names. In our haste to discard outdated gender roles, we increasingly deny the flesh-and-blood realities of sex—and its ancient roots. The cognitive dissonance spawned by trying to live in a society we are not built for is killing us. In this book, Heying and Weinstein draw on decades of their work teaching in college classrooms and exploring Earth's most biodiverse ecosystems to confront today's pressing social ills—from widespread sleep deprivation and dangerous diets to damaging

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parenting styles and backward education practices. Asking the questions many modern people are afraid to ask, *A Hunter-Gatherer's Guide to the 21st Century* outlines a science-based worldview that will empower you to live a better, wiser life.

*A Hunter-Gatherer's Guide to the 21st Century*  
UBC Press

This anthology takes an international and cross-cultural approach to discussions about friendship by curating a set of diverse contributions situated in a transnational context. These interdisciplinary contributions take friendship seriously as a subject of feminist and legal study and hone in specifically on polyamory, polygamy, and Platonic affinities, considering the sexual and non-sexual ties of affect and affinity that link a diverse range of contemporary friendships that exist cross-culturally. This highly original book teases out commonalities between experiences of affinity that are enmeshed with the differences between social, national, legal, and cultural frameworks that surround these relationships of affinity and affect, and troubles forms of government and legal regulation that prohibit or fail to recognize the consensual interdependence connecting diverse forms of human friendship.

*Designer Relationships* Rowman & Littlefield

Written by an expert in the field, *Does Monogamy Work?* examines why monogamy is the social norm and the growing interest in alternative relationship models. Even with the current rise in awareness of sexual and intimate diversity, monogamous relationships remain the cultural norm. Most people aspire to it, and the state encourages it, providing legal and financial benefits to

married couples; however, statistics show adultery is commonplace, marriage rates are falling, and divorce figures are rising. This entry in the Big Idea series traces the evolution and normalization of the monogamous ideal—questioning whether it is “natural” or not—and surveys the spectrum of alternative relationship models that people are seeking out in a world of internet dating and birth control. It explores the emotional and psychological facets of ethical polyamorous relationships; questions whether these relationships benefit men disproportionately and whether they are compatible with raising children; and assesses the likelihood that diverse forms of multipartner marriages and large friendship networks will become the norm in the future. With over 150 color images and incisive, engaging, and authoritative text, *Does Monogamy Work?* examines society's attachment to monogamy, evaluates its benefits and limitations, and assesses the merits of polyamorous relationship models in our modern world.

*Polyamory* Rowman & Littlefield Pub Incorporated  
This groundbreaking look at the array of styles and modes of relationships proposes a new paradigm for understanding intimate relationships, challenging the monogamy/polyamory binary

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and offering fresh possibilities for thinking about contemporary love, sex, gender, and sexuality.

**Opening Love** Skyhorse

Meet Anna and her 4 parents in this book that embraces love in all its forms and celebrates the beauty found in all kinds of families. It doesn't matter where you came from, or how your family is constituted, if there is love, then you have everything.

**Critical Perspectives on 21st Century Friendship, Polyamory, Polygamy and Platonic Affinity**

Cleis Press Start

Finally, a book that explores what it truly means to be polyamorous by exploring the wonderful variety of poly relationships. Only through understanding polys innate diversity can one grasp what open relationships can offer. Thank you, Mim, for a book that is relevant and useful, as polyamory moves out of the shadows and into the mainstream of society. It is an important resource for anyone who wishes to understand the growing poly movement as it changes our society and challenges our presumptions about relationships. Bravo! Robyn Trask, Executive Director of Loving More Non-Profit and Magazine What is your relationship dream, and what options are out there to choose from? Were familiar

with monogamy, but what additional models of loving and living are offered by polyamory, and what do they look like in action? How is polyamory different from polygamy, swinging, or cheating? What new forms of etiquette are needed in order to nurture polys varied forms of family? Is it really possible to have a relationship in which love does not equal possessiveness? Any relationship, from monogamous marriage to business enterprise to polyamorous family, will benefit from the practical relationship advice found within the covers of this well-written little book. Matthew C. Cox, Life Coach and Author of Living the Southwest Lifestyle Just the right balance between information, candor, and lightheartedness. Dr. Fred Hillman, GLBT activist and retired Family Therapist Don't let the size of this little book fool you. What Does Polyamory Look Like? is chock full of information about how to build honest, loving, and lasting relationships. Therapists and educators, take note! Dr. Chapman dispels the myths of polyamory and teaches us all about how to create and sustain the relationships of which we've dreamed. Sera

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Miles, Director of New Mexico  
FetLifers

*Sex, Love, and Marriage in the  
21st Century* Hachette UK

WINNER OF THE PULITZER PRIZE • NEW YORK TIMES BESTSELLER • The epic, beloved novel of two boy geniuses dreaming up superheroes in New York's Golden Age of comics, now with special bonus material by the author—soon to be a Showtime limited series “It's absolutely gosh-wow, super-colossal-smart, funny, and a continual pleasure to read.”—The Washington Post Book World Named one of the 10 Best Books of the Decade by Entertainment Weekly • Finalist for the PEN/Faulkner Award, National Book Critics Circle Award, and Los Angeles Times Book Prize A “towering, swash-buckling thrill of a book” (Newsweek), hailed as Chabon's “magnum opus” (The New York Review of Books), *The Amazing Adventures of Kavalier & Clay* is a triumph of originality, imagination, and storytelling, an exuberant, irresistible novel that begins in New York City in 1939. A young escape artist and budding magician named Joe Kavalier arrives on the doorstep of his cousin, Sammy Clay. While the long shadow of Hitler falls across Europe, America is happily in thrall to the Golden Age of comic books, and in a distant corner of Brooklyn, Sammy is looking for a way to cash in on the craze. He finds the ideal partner in the aloof, artistically gifted Joe, and together they embark on an adventure that takes them deep into the heart of Manhattan, and the heart of old-fashioned American ambition. From the shared fears, dreams, and desires of two

teenage boys, they spin comic book tales of the heroic, fascist-fighting Escapist and the beautiful, mysterious Luna Moth, otherworldly mistress of the night. Climbing from the streets of Brooklyn to the top of the Empire State Building, Joe and Sammy carve out lives, and careers, as vivid as cyan and magenta ink. Spanning continents and eras, this superb book by one of America's finest writers remains one of the defining novels of our modern American age. Winner of the Bay Area Book Reviewers Award and the New York Society Library Book Award

### **Designer Relationships**

iUniverse

In *Love's Refraction*, Jillian Deri explores the distinctive question of how and why polyamorists - people who practice consensual non-monogamy - manage jealousy. Her focus is on the polyamorist concept of “compersion” - taking pleasure in a lover's other romantic and sexual encounters.

*The Seven Natural Laws of Love* Independently Published  
Love, sex, and marriage are changing faster than ever before in human history. The current tidal wave of social changes will continue into the next century, and we will have to adapt our sexual values and relationships to these accelerating changes. These 22 honest, authentic stories tell of the

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unconventional paths pioneering church leaders and spiritually-aware women and men have taken in their quest to link their sexuality with their spiritual needs. Some might see in these unorthodox explorations only tales of promiscuous couplings. But these are not stories of wild thrill-seekers. These are tales told from the core of their being about their deeply felt need for genuine, responsible love and intimacy within a spiritual context. Their journeys do not promise paradise or instant happiness, as popular magazines do with recipes for lifelong marital bliss and fiery passion. These sojourners have much to teach us, even when we decide that this or that path is not for us. Their individual paths are not nearly as important as the simple message of God and Eros being inseparable that underlies journey. God and Eros can come together in many different relationships. And they must come together if we want to nourish and fulfill the divine spark at the core of our being. These women and men challenge our assumptions and our willingness to adapt to our radically changing world.

*Swinging in America* Random House LLC  
Drawing on an extensive survey

of real people and over 40 years of research, this revealing volume proposes that a nonmonogamous lifestyle may be healthier for marriages than a monogamous one. \* Includes data from a national survey, conducted by the authors, of 1100 swingers in the United States \* Offers first-person accounts from people in the swinging lifestyle \* Provides extensive bibliographies after each chapter documenting sources of information discussed in the text \* Lists a comprehensive index of terms and topics

Polyamory in the 21st Century  
Thames & Hudson

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

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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.

*Critical Perspectives on 21st Century Friendship Archipelago*

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

stave off any jealousy? Through her years of correspondence with couples interested in open relationships and her own personal reflections and experiences, Simpère is convinced that polyamory opens up many possibilities for a gratifying and healthy sex life.

*A World Beyond Monogamy* Thames and Hudson Limited

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.

**Does Monogamy Work?** Faber & Faber

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

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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. *Critical Perspectives on 21st Century Friendship* New Harbinger Publications *Have a Healthy and Happy Polyamorous Relationship and Make Your Own Rules!* During the long and eventful human history, one thing was a constant, up until the 20th century - polyamory or non-monogamy. Ancient civilizations and middle Ages dynasties considered having more than one partner completely normal and acceptable. Monogamy is even very rare in the animal kingdom; so many scientists claim that being monogamous is not natural for humans. When you think about the fact, that polyamory has been a part of human culture for millenniums, and monogamy only for decades, it turns out that monogamous relationships are the unconventional ones! More and more couples decide to break free of the conservative conventions and try having healthy open marriages or relationships. But how can you have multiple sexual or romantic partners without issues such as jealousy, insecurity, and the society judging you? This book will answer that question, and show you that you can have happy, fulfilling relationships with multiple partners! Here's what the book discusses: The process of transition from monogamous to a polyamorous relationship The difference between polyamory and infidelity How to avoid destructive feelings of jealousy and possessiveness The many reasons polyamory

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works, and how you can use it to save your marriage or relationship How to communicate effectively with your partner, and free yourself from imposed and false moral values Methods to protect your health, both physical and mental when having multiple partners And so much more! The important thing to remember is that polyamory is not immoral and bad. Society shapes our opinions and values, but not everyone can be happy living by those rules. Just because someone says it's the right thing to do, doesn't mean it's the right thing for YOU. Monogamy is perfectly normal, but so is polyamory. Make your own rules, break the conservative mold and do whatever makes you happy! Life is too short for settling down and compromising! If you agree, Scroll up, click on "Buy Now with 1-Click", and Get Your Copy Now!

Future Sex Simon and Schuster  
This anthology takes an international and cross-cultural approach to discussions about friendship by curating a set of diverse contributions situated in a transnational context. These interdisciplinary contributions take friendship seriously as a subject of feminist and legal study and hone in specifically on polyamory, polygamy, and Platonic affinities, considering the sexual and non-sexual ties of affect and affinity that link a diverse range of contemporary friendships that exist cross-culturally.

**When Someone You Love Is Polyamorous** Simon and Schuster  
"A practical guide to practicing polyamory and open relationships in ways that are ethically and emotionally sustainable"--Provided by publisher.

The Philosophy of Sex John Hunt Publishing  
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,



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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.