

Mating In Captivity Reconciling The Erotic Domestic Esther Perel

*If you've ever bought a personal finance book, watched a TV show about stock picking, listened to a radio show about getting out of debt, or attended a seminar to help you plan for your retirement, you've probably heard some version of these quotes: "What's keeping you from being rich? In most cases, it is simply a lack of belief." —SUZE ORMAN, *The Courage to Be Rich* "Are you letting away your financial future?" —DAVID BACH, *Smart Women Finish Rich* "I know you're capable of picking winning stocks and holding on to them." —JIM CRAMER, *Mad Money* They're common refrains among personal finance gurus. There's just one problem: those and many similar statements are false. For the past few decades, Americans have spent billions of dollars on personal finance products. As salaries have stagnated and companies have cut back on benefits, we've taken matters into our own hands, embracing the can-do attitude that if we're smart enough, we can overcome even daunting financial obstacles. But that's not true. In this meticulously reported and shocking book, journalist and former financial columnist Helaine Olen goes behind the curtain of the personal finance industry to expose the myths, contradictions, and outright lies it has perpetuated. She shows how an industry that started as a response to the Great Depression morphed into a behemoth that thrives by selling us products and services that offer little if any help. Olen calls out some of the biggest names in the business, revealing how even the most respected gurus have engaged in dubious, even deceitful, practices—from accepting payments from banks and corporations in exchange for promoting certain products to blaming the victims of economic catastrophe for their own financial misfortune. *Pound Foolish* also disproves many myths about spending and saving, including: Small pleasures can bankrupt you: Gurus popularized the idea that cutting out lattes and other small expenditures could make us millionaires. But reducing our caffeine consumption will not offset our biggest expenses: housing, education, health care, and retirement. Disciplined investing will make you rich: Gurus also love to show how steady investing can turn modest savings into a huge nest egg at retirement. But these calculations assume a healthy market and a lifetime without any setbacks—two conditions that have no connection to the real world. Women need extra help managing money: Product pushers often target women, whose alleged financial ignorance supposedly leaves them especially at risk. In reality, women and men are both terrible at handling finances. Financial literacy classes will prevent future economic crises: Experts like to claim mandatory sessions on personal finance in school will cure many of our money ills. Not only is there little evidence this is true, the entire movement is largely funded and promoted by the financial services sector. Weaving together original reporting, interviews with experts, and studies from disciplines ranging from behavioral economics to retirement planning, *Pound Foolish* is a compassionate and compelling book that will change the way we think and talk about our money.*

*The love she craves, the confidence you need In a man's heart is the desire to master what matters. It's nice to get a complement at work or on the court, but nothing beats hearing your spouse say, "You make me feel loved." If you haven't heard that in a while, or you feel like you're not bringing you're A-game relationally, this book is for you. The 5 Love Languages® has sold 10 million copies because it is simple, practical, and effective. In this edition, Gary Chapman speaks straight to men about the rewards of learning and speaking their wife's love language. Touched with humor and packed with helpful illustrations and creative pointers, these pages will rouse your inner champion and empower you to master the art of love. "When you express your love for your wife using her primary love language, it's like hitting the sweet spot on a baseball bat or golf club. It just feels right—and the results are impressive." —Gary Chapman Includes an updated version of *The 5 Love Languages®* personal profile.*

Based on his twenty-five years of experience as a psychotherapist, a renowned doctor furnishes a new theory of sexual desire that allows readers to comprehend their own sexual preferences and fantasies, and those of their partners. Reprint.

Mating in CaptivityUnlocking Erotic IntelligenceHarper Collins

The Conspiracy against the Human Race

Passionate Marriage

Love Between Men

After the Affair

Can Love Last?: The Fate of Romance Over Time

A Novel

The truth about desire and how to futureproof your sex life

Keys to the Pleasures of Love

This book presents an integrative, growth-oriented approach to therapy with couples that demonstrates the dynamic interplay between partners' emotional issues and their sexual difficulties. It offers a model for relational and sexual enhancement that focuses as much on partners' present, nonverbal body-to-body communications as on their words. Dr. Stella Resnick draws on research from interpersonal neurobiology, sexology, positive psychology, and Gestalt therapy, and shares a rich assortment of therapy vignettes to demonstrate the transformative power of pleasure and how a focus on body-to-body intimacy can heal emotional wounds from the past and encourage greater presence, empathy, authenticity, playfulness, and sexual pleasure between intimate partners. The therapeutic process is explored in four related spectrums: the Problem-Transformation Spectrum, the Attachment-Sexuality Spectrum, the Pain-Pleasure Spectrum, and the Cognitive-Somatic-Experiential-Behavioral-Spectrum. Part I lays the theoretical foundation for the work. Part II examines the early attachment bond between parent and child and its effects on adult capacity for emotional closeness and sexual pleasure. Part III offers methods for resolving painful emotional issues underlying many sexual difficulties. Finally, Part IV describes the procedure for moving from a cognitive reframing of the problem to a somatic focus on the body and tracking present-moment emotional interactions to the repair of relational injuries that nurture transformational change. Also included is a series of process-oriented exercises and a handout that therapists can use in their own practice. *Body-to-Body Intimacy* will enable couples and sex

therapists to expand their practices and enrich their clients' sexual and relational dynamics. This book also contains valuable information that will be appreciated by anyone interested in a greater understanding of a growth-oriented therapeutic process for couples and what can be achieved together by gaining a deeply loving and sexually fulfilling intimate love relationship. ?????

A New York Times Bestseller "Rich in dexterous innuendo, laugh-out-loud humor and illuminating fact. It's compulsively readable." —Los Angeles Times Book Review In ?Bonk, ?the best-selling author of Stiff turns her outrageous curiosity and insight on the most alluring scientific subject of all: sex. Can a person think herself to orgasm? Why doesn't Viagra help women-or, for that matter, pandas? Can a dead man get an erection? Is vaginal orgasm a myth? Mary Roach shows us how and why sexual arousal and orgasm-two of the most complex, delightful, and amazing scientific phenomena on earth-can be so hard to achieve and what science is doing to make the bedroom a more satisfying place.

In Thomas Ligotti's first nonfiction outing, an examination of the meaning (or meaninglessness) of life through an insightful, unsparing argument that proves the greatest horrors are not the products of our imagination but instead are found in reality. "There is a signature motif discernible in both works of philosophical pessimism and supernatural horror. It may be stated thus: Behind the scenes of life lurks something pernicious that makes a nightmare of our world." His fiction is known to be some of the most terrifying in the genre of supernatural horror, but Thomas Ligotti's first nonfiction book may be even scarier. Drawing on philosophy, literature, neuroscience, and other fields of study, Ligotti takes the penetrating lens of his imagination and turns it on his audience, causing them to grapple with the brutal reality that they are living a meaningless nightmare, and anyone who feels otherwise is simply acting out an optimistic fallacy. At once a guidebook to pessimistic thought and a relentless critique of humanity's employment of self-deception to cope with the pervasive suffering of their existence, The Conspiracy against the Human Race may just convince readers that there is more than a measure of truth in the despairing yet unexpectedly liberating negativity that is widely considered a hallmark of Ligotti's work.

"Soars into sublime meditation...what makes this book so extraordinary is her willingness to reveal exactly what goes on in the sometimes mysterious encounter between therapist and patient."—The Los Angeles Times. A moving account of a true-life double healing through psychotherapy. In this brave, iconoclastic, and utterly unique book, psychotherapist Annie Rogers chronicles her remarkable bond with Ben, a severely disturbed five-year-old. Orphaned, fostered, neglected, and forgotten in a household fire, Ben finally begins to respond to Annie in their intricate and revealing platy therapy. But as Ben begins to explore the trauma of his past, Annie finds herself being drawn downward into her own mental anguish. Catastrophically failed by her own therapist, she is hospitalized with a breakdown that renders her unable to speak. Then she and her gifted new analyst must uncover where her story of childhood terror overlaps with Ben's, and learn how she can complete her work with the child by creating a new story from the old—one that ultimately heals them both.

Sexy Mamas

Arousal

The 5 Love Languages for Men

On Being a Therapist

The Truth About Navigating Love and Life for a New Generation of Women

The Double Flame

Innovations and Alternatives

Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful

It has been 16 years since the Day of Reckoning, when magic and witchcraft were outlawed throughout all of Eileanan. And though rumors say that she is dead, the Arch-Sorceress Meghan of the Beasts still lives. Traveling with her are the true heir to the throne and the red-haired warrior Iseult. Their fates are woven together in a quest to bring magic back to the land. As Eileanan nears its darkest hour, Meghan must gather rebel forces to move upon the city of Lucescere. There, the Rìgh lies near death, and his Queen, Maya the Ensorcellor, and her babe stand to inherit his power. To end Maya's brutal reign and bring magic out of the shadows, what was broken must be brought together: twin sisters who have never met, three parts of an enchanted key, and the winged man with the powers of the lost Lodestar.

One of the world's leading experts on infidelity provides a step-by-step guide through the process of infidelity—from suspicion and revelation to healing, and provides profound, practical guidance to prevent infidelity and, if it happens, recover and heal from it. You're right to be cautious when you hear these words: "I'm telling you, we're just friends." Good people in good marriages are having affairs. The workplace and the Internet have become fertile breeding grounds for "friendships" that can slowly and insidiously turn into love affairs. Yet you can protect your relationship from emotional or sexual betrayal by recognizing the red flags that mark the stages of slipping into an improper, dangerous intimacy that can threaten your marriage.

Avoid the booty call blues and get the love -- and sex -- you deserve! Come on. Admit it. He may not be that into you, but were you ever really that into him? He was never "the one," but you

lowered your standards and dated him in the meantime. Why? For any number of reasons: you were lonely, you were horny, you thought dating him was better than being alone, all your friends are getting married -- you name it. And before you knew it, you got hung up on the jerk. Go figure. The world is full of sensational women, but in today's market there are too few good men to go around (or so it appears). Now Dr. Ian Kerner, clinical sexologist and author of the smash hit *She Comes First*, explores the battlefield of sex, hook ups, go-nowhere relationships, and the dismal dating treadmill, simultaneously arming women with a sharper set of insights and the tools for change. With humor and sincerity, Kerner shows women how to break the cycle of dating defeat and use the power of sex to find love, "with a great guy who is into you." So raise your standards -- and reach for the love you deserve!

This book presents a technical review of ecological and life history information on a range of Bornean wildlife species, aimed at identifying what makes these species sensitive to timber harvesting practices and associated impacts. It addresses three audiences: 1) those involved in assessing and regulating timber harvesting activities in Southeast Asia, 2) those involved in trying to achieve conservation goals in the region, and 3) those undertaking research to improve multipurpose forest management. This book shows that forest management can be improved in many simple ways to allow timber extraction and wildlife conservation to be more compatible than under current practices. The recommendations can also be valuable to the many governmental and non-governmental organisations promoting sustainable forest management and eco-labelling. Finally, it identifies a number of shortcomings and gaps in knowledge, which the hope can interest the scientific community and promote further research. This review is, an important scientific step toward understanding and improving sustainable forestry practices for long-term biodiversity conservation. Even in the short term, however, significant improvements can be made to improve both conservation and the efficiency of forest management, and there is no need to delay action due to a perceived lack of information. In the longer term it is expected that the recommendations from this review will be implemented, and that further research will continue to help foster an acceptable balance among the choices needed to maintain healthy wildlife populations and biodiversity in a productive forest estate.

Why We Ignore the Obvious

Sex at Dawn

Erotic Intelligence

Mating in Captivity

New Directions in Sex Therapy

Reconciling the Erotic + the Domestic

Rebuilding Trust and Recovering Your Sanity After Infidelity

Le Deuxième Sexe

ENJOYABLE, EXCITING SEX IS POSSIBLE AFTER SEX ADDICTION In the journey to sexual sobriety, many sex addicts find themselves wondering, 'How am I going to have a normal relationship?' or 'Will it be possible to repair my marriage now that I've confessed my destructive behavior?' and 'Will I ever have great sex again?' As a sex, marriage, and family therapist, Alexandra Katehakis introduces a successful program for sufferers and their loved ones that will help them hone their erotic intelligence by making sense of the past, creating healthy habits in the present, and looking toward a more intimate relationship that nurtures honesty and closeness. With Katehakis's help, sex addicts can get in touch with their healthy sexual side--and embrace true intimacy and acceptance in themselves and in their mates. - Features true stories of people coming to terms with their sexuality on the other side of sex addiction, as well as couples finding a new path to sexual trust and fulfillment - Helps to build the four cornerstones of intimacy that are essential for healthy relationships

'This book taught me so much about female desire. A must read!' Cherry Healey Did you know that there is an orgasm gap of around 30% between heterosexual couples when they have sex? In *Mind The Gap*, Dr Karen Gurney, a clinical psychologist and certified psychosexologist, explores not just this gap, but the gaps in our knowledge of so much of the most important new science around sex and desire. In this book, you will learn that nearly everything that you've been led to believe about female sexuality isn't actually true. And that, despite what you might think, it is possible to simultaneously feel little to no spontaneous desire and have a happy and mutually satisfying sex life long term. Exploring the mismatch between ideas about sex in our society and what the science tells us, *Mind The Gap* also explains how this disconnect lies at the root of many of our sexual problems. Combining science with case studies, practical exercises and tips, this is a book for anyone who wants to better understand the mechanics of desire and futureproof their sex life, for life.

A sexual and marital therapist explains how to achieve emotional, sexual, and personal fulfillment and intimacy with one's partner in a committed relationship. Tour.

Iconic couples' therapist and bestselling author of *Mating in Captivity* Esther Perel returns with a provocative look at relationships through the lens of infidelity. An affair: it can rob a couple of their relationship, their happiness, their very identity. And yet, this extremely common human experience is so poorly understood. What are we to make of this time-honored taboo--universally forbidden yet universally practiced? Why do people cheat--even those in happy marriages? Why does an affair hurt so much? When we say infidelity, what exactly do we mean? Do

our romantic expectations of marriage set us up for betrayal? Is there such a thing as an affair-proof marriage? Is it possible to love more than one person at once? Can an affair ever help a marriage? Perel weaves real-life case stories with incisive psychological and cultural analysis in this fast-paced and compelling book. For the past ten years, Perel has traveled the globe and worked with hundreds of couples who have grappled with infidelity. Betrayal hurts, she writes, but it can be healed. An affair can even be the doorway to a new marriage—with the same person. With the right approach, couples can grow and learn from these tumultuous experiences, together or apart. Affairs, she argues, have a lot to teach us about modern relationships—what we expect, what we think we want, and what we feel entitled to. They offer a unique window into our personal and cultural attitudes about love, lust, and commitment. Through examining illicit love from multiple angles, Perel invites readers into an honest, enlightened, and entertaining exploration of modern marriage in its many variations. Fiercely intelligent, *The State of Affairs* provides a daring framework for understanding the intricacies of love and desire. As Perel observes, “Love is messy; infidelity more so. But it is also a window, like no other, into the crevices of the human heart.”

Creating Connection

Transformation Through Love, Sex, and Neurobiology

Activate 7 Masculine Powers to Arouse Your Woman's Love & Desire

NOT "Just Friends"

A Flicker in the Dark

The New Science of Adult Attachment and How It Can Help You Find--and Keep-- Love

The Practice of Emotionally Focused Couple Therapy

The Science of Trust: Emotional Attunement for Couples

An eminent therapist explains what makes couples compatible and how to sustain a happy marriage. For the past thirty-five years, John Gottman's research has been internationally recognized for its unprecedented ability to precisely measure interactive processes in couples and to predict the long-term success or failure of relationships. In this groundbreaking book, he presents a new approach to understanding and changing couples: a fundamental social skill called “emotional attunement,” which describes a couple's ability to fully process and move on from negative emotional events, ultimately creating a stronger relationship. Gottman draws from this longitudinal research and theory to show how emotional attunement can downregulate negative affect, help couples focus on positive traits and memories, and even help prevent domestic violence. He offers a detailed intervention devised to cultivate attunement, thereby helping couples connect, respect, and show affection. Emotional attunement is extended to tackle the subjects of flooding, the story we tell ourselves about our relationship, conflict, personality, changing relationships, and gender. Gottman also explains how to create emotional attunement when it is missing, to lay a foundation that will carry the relationship through difficult times. Gottman encourages couples to cultivate attunement through awareness, tolerance, understanding, non-defensive listening, and empathy. These qualities, he argues, inspire confidence in couples, and the sense that despite the inevitable struggles, the relationship is enduring and resilient. This book, an essential follow-up to his 1999 *The Marriage Clinic*, offers therapists, students, and researchers detailed intervention for working with couples, and offers couples a roadmap to a stronger future together.

Enhancing intimacy and keeping your relationship alive The only step-by-step self-help book specifically geared for gay men in relationships. Highly accessible, immediately rewarding tool to help gay men cope with the unique situations and problems they face as gay men in society and as men in relationships with other men.

An intelligent, comprehensive guide to nontraditional and non-monogamous relationships: “Informative and entertaining.” —Dr. Elisabeth Sheff, author of *When Someone You Love is Polyamorous* This practical guidebook offers relationship advice radically different from anything you'll find on the magazine rack, to help women who want to 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.

A fascinating look at the key components of romantic love--sex, idealization, aggression, self-pity, guilt, and commitment--argues that romance does not diminish in a long-term relationship, describes the barriers to lasting love, and offers helpful advice on how to promote an enduring love by eliminating self-destructive efforts to protect oneself from its risks. Reprint. 15,000 first printing.

Love and Eroticism

A Story of Harm and Healing in Psychotherapy

Life After Logging

Sync Your Relationship, Save Your Marriage

Enhancing Intimacy and Keeping Your Relationship Alive

After the Affair, Third Edition

Four Steps to Getting Back on Track

The Secret Logic of Sexual Fantasies

As seen on CNBC's *Follow the Leader* “Farnoosh's ground-breaking book will save more relationships than couples counseling ever could.” —Barbara Stanny, author of *Secrets of Six-Figure Women Today*, a record number of women are their household's top-earner. But if you're that woman, you face a much higher risk of burnout, infidelity, and divorce. In this important and timely book, personal finance expert Farnoosh Torabi candidly addresses how income imbalances affect relationships and family dynamics, and presents a

bold strategy to achieving happiness at work and home. Torabi's ten essential rules include: • Buy Yourself a Wife: Outsource as many household tasks as possible to bring more peace and happiness to both your lives • Don't Assume a Mr. Mom is Best: The math might say he should quit his job, but doing so can be dangerous. • Understand the Male Brain: Know how men think and what motivates their behavior to communicate effectively, share responsibilities, and avoid power struggles in your relationship.

As a creative force, student of the human heart and soul, and champion of living the life you want, Oprah Winfrey stands alone. Over the years, she has made history with a legendary talk show - the highest-rated program of its kind, launched her own television network, become the nation's only African-American billionaire, and been awarded both an honorary degree by Harvard University and the Presidential Medal of Freedom. From all her experiences, she has gleaned life lessons—which, for fourteen years, she's shared in O, The Oprah Magazine's widely popular "What I Know For Sure" column, a monthly source of inspiration and revelation. Now, for the first time, these thoughtful gems have been revised, updated, and collected in What I Know For Sure, a beautiful cloth bound book with a ribbon marker, packed with insight and revelation from Oprah Winfrey. Organized by theme—joy, resilience, connection, gratitude, possibility, awe, clarity, and power—these essays offer a rare, powerful and intimate glimpse into the heart and mind of one of the world's most extraordinary women—while providing readers a guide to becoming their best selves. Candid, moving, exhilarating, uplifting, and frequently humorous, the words Oprah shares in What I Know For Sure shimmer with the sort of truth that readers will turn to again and again.

A New York Times Bestseller “A smart, edge-of-your-seat story with plot twists you’ll never see coming. Stacy Willingham’s debut will keep you turning pages long past your bedtime.” —Karin Slaughter When Chloe Davis was twelve, six teenage girls went missing in her small Louisiana town. By the end of the summer, her own father had confessed to the crimes and was put away for life, leaving Chloe and the rest of her family to grapple with the truth and try to move forward while dealing with the aftermath. Now twenty years later, Chloe is a psychologist in Baton Rouge and getting ready for her wedding. While she finally has a fragile grasp on the happiness she’s worked so hard to achieve, she sometimes feels as out of control of her own life as the troubled teens who are her patients. So when a local teenage girl goes missing, and then another, that terrifying summer comes crashing back. Is she paranoid, seeing parallels from her past that aren't actually there, or for the second time in her life, is Chloe about to unmask a killer? From debut author Stacy Willingham comes a masterfully done, lyrical thriller, certain to be the launch of an amazing career. A Flicker in the Dark is eerily compelling to the very last page.

Award-winning couples therapist Peter Fraenkel argues that most relationship problems can be traced to partners being out of sync on the powerful but mostly hidden dimension of time. Differences in daily rhythms, personal pace, punctuality, time perspective, and priorities about how time is allocated can all lead to couple conflict. Yet the fascinating fact is that these polarizing time differences play a potent role in attracting lovers in the first place. In this trailblazing new book, he draws on his original research to show how a clearer understanding of these forces can improve the health of your relationship and even rescue a failing one.

Tools for Making a Good Relationship Great

The State of Affairs

Love in the Western World

Unlocking Erotic Intelligence

Mind The Gap

Igniting Hot, Healthy Sex While in Recovery from Sex Addiction

Reconciling Wildlife Conservation and Production Forestry in Indonesian Borneo

Wilful Blindness

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.

While parenting books rarely broach the subject, most mothers can testify that sexual desire doesn't disappear when they have children; it simply gets buried under an avalanche of conflicting demands on their time and attention. *Sexy Mamas*, by the authors of *The Good Vibrations Guide to Sex*, reaches out to women who want to integrate the pleasures of a satisfying sex life with the joys of motherhood. The book offers tips, anecdotes, and practical information about sex, supported by advice from medical experts, sex experts, and the most knowledgeable experts in this area – other mothers. Candid anecdotes and suggestions from hundreds of survey respondents support, encourage, and inspire readers to embrace a more powerful maternal sexuality. Topics include what hormonal, psychological, and environmental factors affect the sex drive, rekindling relationships, the best sex, parenting resources, and more. *Sexy Mamas* is a practical, informed guide for all mothers.

"There are many healers among the indigenous people of the world who would find it utterly ridiculous that anyone would ever choose to become a therapist. They believe that becoming a helper or healer is a calling, but one that is fraught with danger and burdens. After all, clients come to us in pain and despair, hoping we will cure their suffering and leech away their toxic energy. They have unrealistic expectations about what is within our power to do. They are often in very bad moods. And they come to talk to us, in part, because they don't feel that anyone else has the patience or interest to listen to them"--

One of the world's most respected voices on erotic intelligence, Esther Perel offers a bold, provocative new take on intimacy and sex. *Mating in Captivity* invites us to explore the paradoxical union of domesticity and sexual desire, and explains what it takes to

bring lust home. Drawing on more than twenty years of experience as a couples therapist, Perel examines the complexities of sustaining desire. Through case studies and lively discussion, Perel demonstrates how more exciting, playful, and even poetic sex is possible in long-term relationships. Wise, witty, and as revelatory as it is straightforward, *Mating in Captivity* is a sensational book that will transform the way you live and love.

Be Honest--You're Not That Into Him Either

Rethinking Infidelity

The Heart of Desire

The Prehistoric Origins of Modern Sexuality

The Pool of Two Moons

Pound Foolish

When She Makes More

The Smart Girl's Guide to Polyamory

The classic manifesto of the liberated woman, this book explores every facet of a woman's life.

In this classic work, often described as "The History of the Rise, Decline, and Fall of the Love Affair," Denis de Rougemont explores the psychology of love from the legend of Tristan and Isolde to Hollywood. At the heart of his ever-relevant inquiry is the inescapable conflict in the West between marriage and passion--the first associated with social and religious responsibility and the second with anarchic, unappeasable love as celebrated by the troubadours of medieval Provence. These early poets, according to de Rougemont, spoke the words of an Eros-centered theology, and it was through this "heresy" that a European vocabulary of mysticism flourished and that Western literature took on a new direction. Bringing together historical, religious, philosophical, and cultural dimensions, the author traces the evolution of Western romantic love from its literary beginnings as an awe-inspiring secret to its commercialization in the cinema. He seeks to restore the myth of love to its original integrity and concludes with a philosophical perspective on modern marriage.

"Full of juicy, concrete advice to heal from an affair." —Esther Perel, MA, LMFT, New York Times bestselling author of Mating in Captivity and The State of Affairs From a clinical psychologist who served as a clinical supervisor in the Department of Psychology at Yale University, received the CPA's award for Distinguished Contribution to the Practice of Psychology, and has treated couples and trained therapists for over four decades, this newly updated, award-winning book provides concrete, proven strategies for those who seek to survive their partner's infidelity and to rebuild the relationship after an affair. There is nothing quite like the devastation caused when a partner has been unfaithful. Hurt partners often experience a profound shattering of their familiar and valued sense of self and fall into a depression that can last for years. For the relationship, infidelity is often a death blow. This new third edition of After the Affair, with more than 600,000 copies sold, helps guide both hurt and unfaithful partners through three stages of healing: normalizing the crisis, deciding whether to recommit to their partner, and rekindling trust and sexual intimacy. It includes a new section in which patients ask questions not addressed in previous editions, and the author provides concrete strategies for earning trust and forgiveness. Fully revised and updated since its first publication in 2011 to encompass further appalling instances of wilful blindness: Grenfell Tower, Carillion, Harvey Weinstein, Windrush and many more 'Entertaining and compellingly argued' Sunday Times 'A tour de force of brilliant insights' Philip Zimbardo 'A polemic against the dangers of docility and "groupthink" in every walk of life' Books of the Year, Financial Times 'Writing in clear, flowing prose, Heffernan draws on psychological and neurological studies and interviews with executives, whistleblowers and white-collar criminals' New York Times 'An engaging read, packed with cautionary tales ... Heffernan shows why we close our eyes to facts that threaten our families, our livelihood, and our self-image – and, even better, she points the way out of the darkness' Daniel H. Pink, author of Drive and A Whole New Mind? Why, after every major accident and blunder, do we look back and ask, how could we have been so blind? Why do some people see what others don't? And how can we change? Drawing on studies by psychologists and neuroscientists, and from interviews with business leaders, whistle blowers and white collar criminals, distinguished businesswoman and writer Margaret Heffernan examines the phenomenon of wilful blindness, exploring the reasons that individuals and groups are blind to impending personal tragedies, corporate collapses, engineering failures – even crimes against humanity. We turn a blind eye in order to feel safe, to avoid conflict, to reduce anxiety and to protect prestige. It makes us feel good at first, with consequences we don't see. But greater understanding leads to solutions, and Heffernan shows how – by challenging our biases, encouraging debate, discouraging conformity, and not backing away from difficult or complicated problems – we can be more mindful of what's going on around us and be proactive instead of reactive.

Raise Your Standards and Reach for the Love You Deserve

Attached

Open Her

A Shining Affliction

Body-to-Body Intimacy

Opening Up

Love, Sex, and Intimacy in Emotionally Committed Relationships

Keeping Your Sex Life Alive While Raising Kids

New Directions in Sex Therapy: Innovations and Alternatives focuses on cutting-edge therapy paradigms as alternatives to conventional sex therapy and expands the definition of the field. Replete with helpful clinical illustrations to demonstrate these new approaches in action, this book is intended for anyone who deals with sexual issues and concerns in therapy, clinicians of every kind, in addition to sex therapists.

Open Her teaches a man how to embody 7 Masculine Archetypes to engage his woman in a deeper, more passionate dance of love. Each archetype brings a power and a gift, a secret key to his woman's love and desire. *Open Her* will inspire a man to love his masculinity and to know the power it holds to open a woman to ever deepening states of pleasure and love.

After the Affair teaches partners how to heal themselves and grow from the shattering crisis of an infidelity. Drawing on thirty-five years as a clinical psychologist, Dr. Spring offers a series of original and proven strategies that address such questions as: Why did it happen? Once love and trust are gone, can we ever get them back? Can I—should I—recommit when I feel so ambivalent? How do we become sexually intimate again? Is forgiveness possible? What constitutes an affair in cyberspace?

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. But this narrative is collapsing. Fewer and fewer couples are getting married, and divorce rates keep climbing as adultery and flagging libido drag down even seemingly solid marriages.

How can reality be reconciled with the accepted narrative? It can't be, according to renegade thinkers Christopher Ryan and Cacilda Jethå. While debunking almost everything we "know" about sex, they offer a bold alternative explanation in this provocative and brilliant book. Ryan and Jethå's central contention is that human beings evolved in egalitarian groups that shared food, child care, and, often, sexual partners. Weaving together convergent, frequently overlooked evidence from anthropology, archaeology, primatology, anatomy, and psychosexuality, the authors show how far from human nature monogamy really is. Human beings everywhere and in every era have confronted the same familiar, intimate situations in surprisingly different ways. The authors expose the ancient roots of human sexuality while pointing toward a more optimistic future illuminated by our innate capacities for love, cooperation, and generosity. With intelligence, humor, and wonder, Ryan and Jethå show how our promiscuous past haunts our struggles over monogamy, sexual orientation, and family dynamics. They explore why long-term fidelity can be so difficult for so many; why sexual passion tends to fade even as love deepens; why many middle-aged men risk everything for transient affairs with younger women; why homosexuality persists in the face of standard evolutionary logic; and what the human body reveals about the prehistoric origins of modern sexuality. In the tradition of the best historical and scientific writing, *Sex at Dawn* unapologetically upends unwarranted assumptions and unfounded conclusions while offering a revolutionary understanding of why we live and love as we do.

A Contrivance of Horror

Everything You Need to Know about Open Relationships, Non-Monogamy, and Alternative Love

What I Know For Sure

Bonk: The Curious Coupling of Science and Sex

Exposing the Dark Side of the Personal Finance Industry

Witches of Eileanen Book 2

A Guide To Creating and Sustaining Open Relationships

Since its original publication in 1996, this volume has been a helpful guide to therapists in the practice of emotionally focused therapy. This second edition addresses the many changes in the field of couples therapy, including updated research results linked to clinical intervention and new information on using EFT to address depression and PTSD. A new section covers the growth of couples therapy as a field and its overall relevance to the mental health field, accompanied by coverage of how recent research into the nature of marital distress is consonant with EFT. Other new features are a section on EFT and feminism, as well as a section on cultural competence for the EFT therapist. Written by a leading authority on emotionally focused couples and marital therapy, this second edition is an up-to-date reference on all aspects of EFT and its uses for mental health professionals.

How can you keep sexual desire alive over the long term? More and more people are finding it difficult to maintain a relationship that is both emotionally and sexually gratifying. In a book that will challenge and forever change how you think about love and sex, clinical psychologist and sex therapist Stella Resnick, PhD, draws on the latest scientific research to explore the love-lust dilemma. Dr. Resnick reveals how early programming can inhibit sexual desire as lovers become committed partners and begin to treat each other less like lovers and more like family. Dr. Resnick's revolutionary body-mind program will help you recognize limiting old patterns, learn valuable skills for enhancing romantic love and sexual aliveness, and tap into your natural capacity to enjoy emotionally fulfilling sexual pleasure. You'll discover: *A 10-Step Loving Sex Program with detailed methods for deepening the pleasures of emotional intimacy and broadening your erotic repertoire *The latest research in sexology, neuroscience, brain neuroplasticity, and the psychology of flourishing with practical applications for relationships *Real-life stories from the author's decades of work with clients and her own personal journey

A collection of essays examines the themes of love and sex in literature, from Plato to modern fiction

"Over a decade after its publication, one book on dating has people firmly in its grip." —The New York Times We already rely on science to tell us what to eat, when to exercise, and how long to sleep. Why not use science to help us improve our relationships? In this revolutionary book, psychiatrist and neuroscientist Dr. Amir Levine and Rachel Heller scientifically explain why some people seem to navigate relationships effortlessly, while others struggle. Discover how an understanding of adult attachment—the most advanced relationship science in existence today—can help us find and sustain love. Pioneered by psychologist John Bowlby in the 1950s, the field of attachment posits that each of us behaves in relationships in one of three distinct ways: • Anxious people are often preoccupied with their relationships and tend to worry about their partner's ability to love them back • Avoidant people equate intimacy with a loss of independence and constantly try to minimize closeness. • Secure people feel comfortable with intimacy and are usually warm and loving. Attached guides readers in determining what attachment style they and their mate (or potential mate) follow, offering a road map for building stronger, more fulfilling connections with the people they love.