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

"A practical guide to practicing polyamory and open relationships in ways that are ethically and emotionally sustainable"--Provided by publisher.

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.

The classic guide to love, sex, and intimacy beyond the limits of conventional monogamy has been fully updated to reflect today’s modern attitudes and the latest information on nontraditional relationships. “One of the most useful relationship books you could ever read, no matter what your lifestyle choices. It’s chock-full of great information about communication, jealousy, asking for what you want, and maintaining a relationship with integrity.”—Annie Sprinkle, PhD, sexologist and author of Dr. Sprinkle’s Spectacular Sex For 20 years The Ethical Slut—widely known as the “Poly Bible”—has dispelled myths and showed curious readers how to maintain a successful polyamorous lifestyle through open communication, emotional honesty, and safer sex practices. The third edition of this timeless guide to the ethics of relationships, communication, and sex has been revised to include: • Interviews with poly millennials (young people who have grown up without the prejudices their elders encountered regarding gender, orientation, sexuality, and relationships) • Tributes to polyamory pioneers • Tools for conflict resolution and instructions on how to improve interpersonal dynamics • New sidebars on topics such as asexuality, sex workers, LGBTQ terminology, and ways polys can connect and thrive The authors also include new content addressing nontraditional relationships beyond the polyamorous paradigm of “more than two”: couples who don't live together, couples who don't have sex with each other, nonparallel arrangements, couples with widely divergent sex styles, power disparities, and cross-orientation relationships, while utilizing nonbinary gender language and new terms that have come into common usage since the last edition.

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.

Exercises and Insights for Managing Open Relationships

Lesbian Sex Bible

Sex Checks

More Than Two

Practical Guide Four Couples Exploring Open Relationship, Freedoms and Swinging. Ethical Polyamory Without Cheating to Improve Your Love and Sexual Life in Non Monogamy

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

It's Not Always Racist ... but Sometimes It Is

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.

Two decades ago, this book (and its companion volume, The New Bottoming Book) began teaching tens of thousands of people the joyous arts of BDSM topping and bottoming - not just "how-to," but "why-to"... the insider details of emotional support and ethical interaction during kinky play. Since then, the growing popularity of BDSM, and the blossoming of the Internet as a source of information and connection, have created a whole new universe of possibilities for players. Now, the completely updated revised New Topping Book gives even more insights and ideas, updated for a new millennium, about how to be a successful, popular player! "Easton and Hardy tackle the Top... and bring that elusive critter down neatly and with a certain flair. This is good stuff, important stuff... an excellent guide to topping, both for the rank novice and for the player who just wants words to put to all the thoughts and feelings that have resisted categorization." - Laura Antoniou, Sandmutopian Guardian

The ABCs of everyone's favorite fantasy - a hip and informative guide for the perfect threesome.

Are you thinking that your relationship is not enough and you would like to explore new emotions and maybe have more partners? Then keep reading... Over the last few decades, more and more people have been talking about a phenomenon which, in reality, has always existed since the ancient trees of history: the open relationship. If you're still wondering what it might be, an open relationship is when you have multiple consensual partners consensually with other types of relationships, even different from each other. Is it just about sex? Can it only be about sex? And jealousy? And if love, it flares up? But how many forms of love can we handle and how many can we really try simultaneously? And if we decide to get involved in an open relationship, then what should we do? This manual is the perfect "bible" of open relationships. A perfect guide for you, who in the world of predators, will have the perfect methods to drop your prey at your feet. You will learn: - How to have and manage more relationships - How to have perfect appointments - How to manage your relationships - How jealousy can interfere in the relationship - How to have a great sex between sheets - How to use communication to have lasting relationships If you think there are too many taboos or you don't really think it's possible that there could be a kind of relationship like the one proposed in this bible of open relations gurus... don't stop! Keep reading and you will see that in an easy way and with convinced objectives, you can have it too. Scroll to the top of the page and select the BUY NOW button!

The Complete Guide to Sexual Love for Same-Sex Couples

Your Hands on Guide to Swinging, Polyamory, and Beyond!

Uncommon Love and Life

A Practical Guide to Polyamory, Open Relationships & Other Adventures

S/M Journeys in Transcendence

The Jealousy Workbook

The Polyamory Breakup Book

Consensual adult spanking can be sexy or strict, giggly or grave, gentle enough to pinken the skin or intense enough to leave marks. It can involve infinite combinations of roles, implements and positions - enough to keep even the most avid spankophile busy for a lifetime. Janet W. Hardy (formerly "Lady Green") has been a spanker and spankee for more than a quarter century, with partners of all genders from all over the globe. Here, paired with famed spanking illustrator "Barb," she offers the how-to and why-to of spanking for anyone from the beginner looking to spice up their sex life to the advanced player. This book combines the content of Hardy's previous books "The Compleat Spanker" and "The Toybag Guide to Canes and Caning" into a comprehensive, readable guide that will take its place among the classics of kinky sexuality.

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.

Modern sex instruction for the contemporary lesbian, bisexual, bicurious, and transfemale is here. Lesbian Sex Bible is a fresh, inclusive and informed look at lesbian sexuality in all of its exciting complexity and diversity. This book teaches the reader to talk freely about sex, to discuss pleasure with a partner, and to feel empowered to demand pleasure in bed. Filled with explicit techniques and tips for getting the most out of sex, the book is divided into fifteen digestible chapters. Each chapter will focus on individual elements of lesbian sex, as well as in-depth, informed advice about lesbian dating and relationships. Highlighting strategies for sexual satisfaction and erotic empowerment, Lesbian Sex Bible is a comprehensive guide for lesbians and all women interested in expanding their sexual knowledge.

For many folks seeking to open up their lives and relationships, the road ahead is uncertain and foggy. Outside of traditional monogamy, relationship structure options and guidelines are often murky at best. This book seeks to demystify the basics of healthy, consensual non-monogamy by sharing the lessons learned from both Minx and thousands of podcast listeners who have built successful polyamorous relationships. While each relationship may be different, some basic guidelines are helpful in constructing one's own version of polyamory, and the eight discoveries outlined in this book seek to provide just that.

Polyamory and Jealousy

A Field Guide to Smashing the Patriarchy and Claiming Your Space

A Life Told in Sex and Musicals

Attachment, Trauma and Consensual Nonmonogamy

Race and Representation in Polyamorous and Other Alternative Communities

Open Deeply

Unladylike

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

The Ethical SlutA Practical Guide to Polyamory, Open Relationships and Other Freedoms in Sex and LoveEditeurs divers USA

A full one-fifth of the United States has engaged in consensual non-monogamy (CNM) at some point in their lives, and 29 percent of adults under thirty today consider open relationships to be morally acceptable—yet there are few resources to turn to when it comes to navigating this more non-traditional and explorative territory. Picking up where CNM self-help books like Opening Up, The Ethical Slut, and More Than Two leave off, Open Deeply tackles the most difficult challenges posed by CNM. Therapist Kate Loree—who has practiced non-monogamy since 2003, and who specializes in treating clients who also practice non-monogamy—pulls no punches as she uses vignettes based on her own life, as well as her clients’ experiences, to illustrate the highs, lows, and in-betweens of life as a consensual non-monogamist. Interwoven with these stories are thorough explanations of how attachment theory impacts non-monogamy, how blending cutting-edge, neurobiology-informed grounding skills with effective communication skills will make even the most challenging conversations regarding non-monogamy manageable, and more. The result is a compassionate, attachment-focused template for non-monogamy that will allow readers to avoid pitfalls and find adventure while concurrently building healthy relationships. Non-monogamy is a wild and woolly ride—and Open Deeply is here to help make it a great one.

Understand yourself and thrive in non-monogamy Being attuned to yourself allows you to more authentically share yourself with others. Whether you've just started considering polyamory or you've been non-monogamous for decades, this guided relationship journal can help you explore yourself and your needs as you navigate polyamory. What sets this book apart from other polyamorous relationship books: A primer on polyamory--Learn more about what polyamory is, the difference between ethical and unethical non-monogamy, the various types of polyamorous arrangements, and more. Relevant topics--This journal highlights themes that can help you succeed in healthy polyamorous relationships, like fortifying your self-security, establishing and honoring boundaries, and working through jealousy. A mix of exercises--Better understand your values and desires through journal prompts, quotes, Q&As, and interactive activities like creating a vision board or writing a letter to yourself. Discover more about yourself and polyamory through the nonjudgmental approach in this guided journal.

Stepping Off the Relationship Escalator

A Practical Guide to Ethical Polyamory

Overcome Jealousy, Enjoy Sex, and Honor Yourself

POLYAMORY and JEALOUSY

A Practical Guide to Polyamory, Open Relationships, and Other Freedoms in Sex and Love

Building Open Relationships

Girlfag

Girlfags are women who love, are attracted to and identify with gay men; they are a growing community edging their way into mainstream gender politics. These girlfags are not 'faghags', for while they enjoy the company of gay men, girlfags also enjoy them as bedmates and peers; indeed they may identify themselves as a gay man trapped in a woman's body, feeling a strong sense of sexual attraction to men.This memoir blasts through the binaries of gender and orientation and explores a fascinating sub-culture that is only just being exposed in mainstream culture.

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.

Have you read "that book" on non-monogamy and still wondered "But how do you actually DO this?" Are you totally great on the theory of open relationships, but feel like you don't know how it works in practice? Join Dr. Liz Powell, psychologist, speaker, and coach, as she draws from her education, research, and life experience to bring you Building Open Relationships. This new book is an all-inclusive guide to beginning and maintaining your non-monogamous life, no matter where you fall under the non-monogamous umbrella. Complete with worksheets, discussion starters, examples, and hard-won lessons (i.e. my mistakes), this book will give you all the tools you need to be more successful in non-monogamy.

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

A Guide To Creating and Sustaining Open Relationships

Causes, Prevention, and Survival

The Smart Girl's Guide to Polyamory

Spanking for Lovers

Polysecure

Polyamory Journal: a Relationship Book

A Guide to Infinite Sexual Possibilities

Contemporary relationships are in a state of rapid evolution. These changes can and should empower people with the opportunity to develop partnerships based on their own sexualities, understandings, and agreements. This makes it possible to create what Kenneth Haslam, founder of the Kinsey Institute's Polyamory Archive, has called "designer relationships." Designer relationships may encompass: people who bond emotionally but not sexually; people who agree to be non-exclusive; single people who have occasional lovers or friends with benefits; multiple partner configurations where long-term bonds exist among all or some; partnerships in which people are kinky and that make room to explore kink. The possibilities are limitless, and thinking about a partnership as something people can craft allows for flexibility and change. Relationships can open and close or have varying degrees and kinds of openness as circumstances demand. In the context of a designer relationship, decisions are made mutually, consciously, and deliberately. Best-selling authors and nationally known relationship experts Patricia Johnson and Mark A. Michaels are exemplars of this life choice, and have studied polyamory for over 20 years. This book explains exactly how you and your loved ones can design your own life and love.

With his one-of-a kind blend of autobiography, pop culture, and plainspoken Buddhism, Brad Warner explores an A-to-Z of sexual topics — from masturbation to dating, gender identity to pornography. In addition to approaching sexuality from a Buddhist perspective, he looks at Buddhism — emptiness, compassion, karma — from a sexual vantage. Throughout, he stares down the tough questions: Can prostitution be a right livelihood? Can a good spiritual master also be really, really bad? And ultimately, what's love got to do with any of it? While no puritan when it comes to non-vanilla sexuality, Warner offers a conscious approach to sexual ethics and intimacy — real-world wisdom for our times.

Organized by type of aphrodisiac, this playful cookbook covers 19 sensual foods, ranging from traditional favorites like oysters and strawberries to lesser-known but just as potent foods such as pine nuts and asparagus. Including histories of aphrodisiacs, couples' anecdotes, and tantalizing photography, this 10th-anniversary edition of this beautiful and innovative cookbook features more than 55 new, couple-tested recipes and a completely revised appendix.

A funny, fact-driven, and illustrated field guide to how to live a feminist life in today's world, from the hosts of the hit Unladylike podcast. Get ready to get unladylike with this field guide to the what's, why's, and how's of intersectional feminism and practical hell-raising. Through essential, inclusive, and illustrated explorations of what patriarchy looks like in the real world, authors and podcast hosts Cristen Conger and Caroline Ervin blend wild histories, astounding stats, social justice principles, and self-help advice to connect where the personal meets political in our bodies, brains, booty calls, bank accounts, and other confounding facets of modern woman-ing and nonbinary-ing. By laying out the uneven terrain of double-standards, head games, and handouts patriarchy has manspread across society for ages, Unladylike is here to unpack our gender baggage and map out the space that's ours to claim.

A Guide to Building Conscious, Compassionate Open Relationships

A Practical Guide to Polyamory, Open Relationships and Other Freedoms in Sex and Love

Understanding Poly People and Relationships

The New Bottoming Book

The New Intercourses

When Someone You Love Is Kinky

Prompts and Practices for Navigating Non-Monogamy

Who says money can't buy you love? Issued by the "World Bank of Savings and Love" these playful checks offer a diverse portfolio of options for the shy and adventurous alike, with fill-in-the-blanks and check-box prompts. The checkbook includes 30 IOUs and 30 UOMEs, making it easy for you to get back what you give. Best of all, these checks are guaranteed not to bounce (unless you're into that)!

Can you love more than one person? Have multiple romantic partners, without jealousy or cheating? Absolutely! Polyamorous people have been paving the way, through trial and painful error. Now there's the new book More Than Two: A practical guide to ethical polyamory to help you find your own way.

A Guide to Infinite Sexual Possibilities,Beyond the often unrealistic ideal of lifetime,monogamy lies an uncharted jungle of delightful,options - everything from committed multi-partner,relationships to friendly sex, casual sex, group,sex, and more. In this groundbreaking volume,""Bottoming Book"" and ""Topping Book"" authors,provide a road map fro exploring this sometimes,difficult, often rewarding territory. Warm,informative detials about how to get your needs,met, manage your jealousy, make agreements that...

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.

Thriving in Non Monogamy an Ethical Slut's Guide

Domination & Submission

A More Than Two Essentials Guide

Eight Things I Wish I'd Known About Polyamory

The Threesome Handbook

Open Monogamy

Ecstasy Is Necessary

From Barbara Carrellas, sex expert and author of the best-selling book Urban Tantra, comes Ecstasy is Necessary. This is not your average tips-and-techniques sex book; rather it is an exploratory journey of the sexual self and the infinite possibilities of ecstatic expression. In Ecstasy is Necessary, Carrellas teaches readers how to discover, nurture, expand, and embrace their authentic, ever-evolving, sensual, sexual self. Everyone goes through different phases of sexual expression and desire, and there are an infinite number of erotic and ecstatic possibilities available at all points along the way. The insights readers will gain in their journey with Carrellas will help them confidently approach sex and relationships in a way that works for them no matter where they are in their sexual evolution. They will get tools for solving the inevitable challenges that arise. They'll even receive permission not to have sex at all, if that's what's right for them, because it is possible to create ecstatic experiences even when sex itself is not possible, available, or appropriate. Using stories and simple exercises, Carrellas helps readers understand how they are wired for sex and relationships, what their personal warning signs look like, and what they need for optimum care. Plus, they'll learn how to effectively communicate this information to others so that they can be loved more easily and effectively. As readers discover their authentic sexual selves, they will learn how to create the conditions that allow more and more of their experiences and relationships to be opportunities for-and invitations to-ecstasy.

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.

Not all incidents related to race should be considered instances of racism. And not all people who make comments about race are racists. In "It's Not Always Racist ... but Sometimes It Is," author Dionne Wright Poulton, PhD, argues that society misuses these terms-racism and racist-and that this misuse of language damages society. She advocates engaging in ongoing, open, and honest dialogue. Through this discussion, Dr. Poulton shows why the United States continues to have problems with race. She teaches specific tools and language to help you critically analyze situations that happen in your everyday life and in society, affording you the opportunity to insightfully break down each situation into its simplest form and to make sense of it. "It's Not Always Racist ... but Sometimes It Is" offers solutions and practical advice on how to repair the damage done through racism and prevent further harm. It creates a space for genuine dialogue on race, racism, and racial bias.

The definitive handbook on Domination and Submission (D/s) relationships and the BDSM lifestyle. A must-read for anyone considering or curious about non-traditional relationships within a fetish culture context. Funny, insightful, educational, and inspiring. Author Michael Makai goes in-depth on Dominants, submissives, switches, primals, and their relationship dynamics. Learn about BDSM activities, bondage, toys, groups, protocols, and safety. This book even dares to go where others fear to tread: The Gorean subculture, online D/s & BDSM, first meetings, religion vs. kink, and what could go wrong. You'll love Michael Makai's irreverent and humorous treatment of this subject as he gives you the benefit of his 35+ years of experience in the D/s and BDSM lifestyles. (Paperback, 496 pages)

Buddhist Exploration of Sex from Celibacy to Polyamory and Everything in Between

The Ethical Slut

The New Topping Book

Before I Tried It and Frakked It Up

The Ethical Slut, Third Edition

An Aphrodisiac Cookbook

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.

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.

"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.

For millennia, seekers have used physical and emotional extremes to achieve transcendence and exaltation. Today, many BDSM and leather practitioners are discovering the potential of SM practice to reach personal, interpersonal and spiritual goals. In Radical Ecstasy, bestselling BDSM/sexuality authors Easton and Hardy document their own journeys into the transcendent realm of kink. With their trademark frankness and humor, they share their own stories and philosophies. They also share techniques that have worked for them - techniques which combine tantric breathing, visualization and movement with a combined half-century of BDSM experience - to create states of transcendence during solo and partnered sexual and BDSM practice. As outrageously revolutionary as any sex book published in the last decade, Radical Ecstasy sets the stage for the new millennium in BDSM and sacred-sex practices - a "must" for any kink, tantra, pagan or sacred-sex practitioner. "Amazingly mindful exploration of that which cannot be easily put into words... the ecstatic experience from sex to sadomasochism, from trance to intuition to archetypes and spiritual awakening. Totally real and personal. Not a 'how to' but a nurturing 'can do' book." - Fakir Musafar, father of the modern primitive movement. "Progressive, deliciously honest, and HOT HOT HOT! Dossie and Janet ask difficult questions about the nature of sex, intimacy and ecstasy, then they actually manage to answer the questions, plus turn us on when they do. These two erotically gifted women have a way with words - and sex. They raise the bar on erotic writing and sex education to new heights. I'm in awe." - Annie Sprinkle, Ph.D., prostitute/porn star turned sex guru/sexologist "Fascinating, heartfelt, honest, real stories of the heart/spirit/energy connection experienced in the passionate rituals of intimate consensual power play. These two courageous women write brilliantly of how erotic energies connect us with the big love we all seek from the source." - Cleo Dubois, educator, ritualist, video producer/star

When Someone You Love Is Polyamorous

Love's Not Color Blind

Designer Relationships

Opening Up

A Guide to Co-Creating Your Ideal Relationship Agreement

A Guide to Happy Monogamy, Positive Polyamory, and Optimistic Open Relationships

Radical Ecstasy

Enjoy the healing power of pleasure as you reflect on your ideal relationship We are all deserving and capable of enjoying fulfilling romantic and sexual relationships. Thriving in Non-Monogamy will guide you through the process of getting in touch with your inner ethical slut, evaluating relationship values, honoring your needs and fears, and developing the tools to build relationships that work best for you. Whether that means ethically opening up or improving a monogamous arrangement, this ethical slut handbook provides stories from people of all genders, sexual orientations, and relationship arrangements who confront their unmet needs, insecurities, internalized trauma, and struggles with open relationships. You'll also find reflection questions to help you approach your own arrangement with curiosity, openness, and compassion. Learn about the principles of being an ethical slut with: No judgment--Thriving in Non-Monogamy breaks down the shame surrounding negative messages that are internalized about sex and relationships. Learning limits--Includes a guide to an ethical slut setting boundaries and rules within open relationships. Thoughtful reflections--Challenge yourself to identify and process difficult emotions and improve relationship communication skills. Ethical slut may sound like an oxymoron, but it is a way of thinking that can teach you to overcome jealousy, enjoy sex, and honor yourself.

The essential guide for singles and couples who want to explore polyamory in ways that are ethically and emotionally sustainable. For anyone who has ever dreamed of love, sex, and companionship beyond the limits of traditional monogamy, this groundbreaking guide navigates the infinite possibilities that open relationships can offer. Experienced ethical sluts Dossie Easton and Janet W. Hardy dispel myths and cover all the skills necessary to maintain a successful and responsible polyamorous lifestyle--from self-reflection and honest communication to practicing safe sex and raising a family. Individuals and their partners will learn how to discuss and honor boundaries, resolve conflicts, and to define relationships on their own terms. "I couldn't stop reading it, and I for one identify as an ethical slut. This is a book for anyone interested in creating more pleasure in their lives . . . a complete guide to improving any style of relating, from going steady to having an extended family of sexual friends." --Betty Dodson, PhD, author of Sex for One

Many, many people have sexual interests or practices that are in some way unusual. These people may enjoy bondage or spanking, erotic role-playing, dressing in special clothes that turn them on, or a host of other activities that place them outside the sexual mainstream. Your mechanic might have an alternative sexuality, or your librarian, or your kids' teacher, or your boss.... If someone you love has a sexual kink, or if you suspect that she may, and you want to know more about what that means to her and how you can deal with what it means to you, this book is for you. "When Someone You Love Is Kinky will do more for family values than anything the right wing ever dreamed up, because it lets people communicate and love and respect each other on the basis of who they really are. A wonderful contribution twoards a more sex-positive culture." - Dr. Carol Queen, author, Real Live Nude Girl "Dossie Easton and Catherine A. Liszt, both wise and compassionate women, and both players in the world of kink, welcome the reader gently into that world and answer everything anyone might have wanted to ask but was really afraid to find out." - Isadora Alman, syndicated sex and relationship columnist

Dr. Tammy Nelson is a relationship revolutionary. Her rethinking of monogamy—as a practice, a continuum, and a flexible concept—is on point, actionable, and nothing less than a significant cultural shift. —Wednesday Martin, PhD, New York Times bestselling author of Primates of Park Avenue and Untrue Love is eternal—but in an age when we live longer, communicate differently, and value gender equality, is it any wonder so many people are looking for new ways to support lasting, loving partnerships? “Monogamy is no longer a simple concept,” says Dr. Tammy Nelson. “More couples every year are experimenting with open relationships and newer, more flexible versions of commitment … yet few of us have been prepared with the skills we need to make those agreements work.” Open Monogamy is a practical guide for people who wish to explore new directions in their relationships—to bring in excitement, variety, and fresh experiences without sacrificing trust, security, and respect. Through solo and partner exercises and real-life stories from people across the spectrum of relationship styles, you’ll explore: • The changing face of relationships—why the time to explore new visions of love has arrived • Can open monogamy work for you? Self-assessment tools to find your place on the “monogamy continuum” • Essential skills for having honest conversations about attraction and desire • Exercises to remove shame and suspicion about open relationships • How to create agreements—traditional or otherwise—that are fulfilling, exhilarating, and built to last Dr. Nelson’s 30 years of experience as a relationship and sex therapist have shown her that relationships can flourish even when the old idea of monogamy fails. “You want to love each other with fairness and integrity because that’s what you signed up for, and honesty aligns with your shared values … But you also want more. You want answers. The bad news? There is no one right way to do this. The good news? You can have anything you want.” If you’ve ever wondered how to try an open relationship or polyamory, Open Monogamy gives you the tools you need to create a commitment agreement as unique as your love.

The Bdsm Relationship Handbook

A Century of Spells

A Practical Guide to Polyamory, Open Relationships, and Other Adventures

60 Checks for Maintaining Balance in the Bedroom

A Practical Guide to Sleeping with Three

Sex, Sin, and Zen

The Ethical Slut, Second Edition