
The Polyamory Handbook A User Guide

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When Someone You Love Is Polyamorous Rowman & Littlefield

***WINNER, 2010 Nautilus Silver Book Award –

Cosmology/New Science Gaia theory argues that the flora and fauna of the planet operate in a self-regulating web that keeps the world livable. According to the theory, humankind is the most powerful species in this web and also its biggest threat. This provocative book explores ways to minimize and ultimately eliminate this threat with love and intimacy. Controversial Italian author Serena Anderlini-D'Onofrio has authored the first global ecology study based on an analysis of human health. Anderlini-D'Onofrio identifies her remedy within the context of Gaia theory, re-envisioning it as a more

inclusive philosophy that positively impacts not only relationships, but world ecology under duress. The author links human sexuality to the global ecosystem, claiming that freedom from fear will stimulate a holistic health movement powerful enough to heal relationships and restore planetary balance. Gaia and the New Politics of Love is bracing in its range, weaving together issues of human and global health; the relationship of politics, sexuality, and ecology; practices and styles of love; the changing roles of eroticism and gender in our lives; and polyamory, bisexuality, and the AIDS reappraisal movement. Clarification Statement from the Author The argument of this book emphasizes the arts of loving as a way to help humanity make peace with our hostess Gaia, the third planet. Some of these arts involve sharing emotional resources and amorous partners. Often, the arts of loving require the use of barriers: mechanical protections such as condoms. At times they do not because only tantric energies are exchanged. The author of this book is persuaded that barriers are recommendable when sexual practices result in the exchange of deep body fluids, unless previous fluid-bonding arrangements have been made. The author is also persuaded that good practices of holistic health contribute to

strengthening the immune systems of those who engage in the arts of loving. Safety practices are important in making the arts of loving healthy regardless of what factors are involved in the syndromes most prevalent today, including AIDS and other conditions in the STD spectrum. Historically, disagreement has moved knowledge forward: Today's science is the result of yesterday's disagreements and controversies. The author believes in critical thinking and she respects dissidence in science today, including Gaia science, reappraisals of AIDS, and holistic medicine. She hopes her readers will be open to hearing more than one side of a story. This statement and the contents of this book do not constitute medical advice in any way. Readers are invited to consult their own healers and health care providers. Serena Anderlini-D'Onofrio, PhD Author of *Gaia and the New Politics of Love* Cabo Rojo, Puerto Rico, March 2010 Blog: <http://polyplanet.blogspot.com/> From the Trade Paperback edition.

What Does Polyamory Look Like? Simon and Schuster

In *Love and Freedom*, Jorge Ferrer proposes a paradigm shift in how romantic relationships are conceptualized, a step forward in the evolution of modern relationships. In the same way that the transgender movement surmounted the gender binary, Ferrer defines how a parallel step can—and should—be taken with the relational style binary. This book offers the first systematic discussion of relationship modes beyond monogamy and polyamory, as well as introduces the notion of “relational freedom” as the capability to choose one's relational style free from biological, psychological, and sociocultural conditionings. To achieve these goals, Ferrer first discusses a number of critical categories—specifically, monoprude/polyphobia, and polyprude/monophobia—that mediate the contemporary “mono – poly wars,” that is, the predicament of mutual competition

among monogamists and polyamorists. The ideological nature of these “mono – poly wars” is demonstrated through a review of available empirical literature on the psychological health and relationship quality of monogamous and polyamorous individuals and couples. Then, after showing how monogamy and polyamory ultimately reinforce each other, Ferrer articulates three relational pathways to living in-between, through, and beyond the mono/poly binary: fluidity, hybridity, and transcendence. Moving beyond that binary opens a fuzzy, liminal, and multivocal relational space that Ferrer calls novogamy. In this groundbreaking book, readers will learn practical tools to not only transform jealousy, but also enhance their relational freedom while being aware of key issues of diversity and social justice. They will also learn novel criteria to evaluate the success of their intimate relationships, and be introduced to a transformed vision of romantic love beyond both monocentrism and emerging polynormativities.

The Polyamory Handbook Oxford University Press

This book is a comprehensive guide designed to help mental health professionals understand and meet the unique needs of individuals in ethical non-monogamous relationships. Drawing on a wealth of research, case studies, and expert insights, Dr. Stephanie Sigler offers invaluable guidance on fostering healthy communication, managing jealousy and insecurities, and addressing the emotional dynamics that arise in non-monogamous relationships. With a compassionate and inclusive approach, this book helps mental health practitioners develop a deep understanding of diverse relationship structures. This book covers topics such as polyamory, open relationships, and swinging, addressing the specific needs and concerns of clients engaged in these relationships. It also encourages discussions of self-care for practitioners, ethical considerations, and addressing stigma within the therapeutic process. Sigler provides clinicians with step-by-step strategies and interventions mental health practitioners can implement in their sessions. An invaluable resource for practitioners new to ethical non-monogamy, this

book is equally essential for therapists looking to expand their knowledge and skills and can help practitioners provide meaningful support to clients in this often misunderstood and underrepresented community.

The Routledge International Handbook of Social Work and Sexualities
Routledge

A practical translation of the principles of attachment theory to non-monogamous relationships. 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 non-monogamy. 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. It provides non-monogamous people with a new set of tools to navigate the complexities of multiple loving relationships, and offers radical new concepts that are sure to influence the conversation about attachment theory.

Routledge Handbook of Sexuality, Health and Rights Oxford University Press

Auctions are unique in the world of special events. They contain core elements of other fundraising events, but a critical factor is that they also must procure auction items to match their clientele and then motivate those bidders to buy. True success requires the application of creative strategy to every facet of the event, as well as the use of organized systems to stay on track. Auction Fundraising Simplified shows how to

think outside the box, provides examples and worksheets, and will help add thousands of dollars to the bottom line. Contained within these pages is information about:

- Skills needed to be a successful auction director
- Insider tips and strategies for "thinking outside the box"
- Identifying auction demographics and laying a strong foundation
- Examples, systems, timelines, and worksheets for all auction elements
- Choosing an effective auctioneer
- Determining what committees are needed and how to keep them on track
- Ideas for recruiting sponsors, donors, and attendees
- Targeted procurement techniques for obtaining auction items
- Packaging auction lots for the highest sale
- Catalog writing processes and tips to save time
- Negotiating contracts with venues, caterers, suppliers, and others
- Food and beverage suggestions for menu planning and service
- Ways to market and promote your auction
- Creating site plans and logistics schedules
- Contracting for production (stage, sound, lighting, visual media, entertainment)
- Using volunteers for maximum effect
- Pre- and post-auction activities

The easy-to-read format and systems in Auction Fundraising

Simplified have been successfully used by auction managers of all skill levels and by academic institutions as a teaching tool. We guarantee this book will pay for itself many times over in time and financial gain.

The Ethical Slut Springer Science & Business Media

This book explores the unique group of elders, ages fifty-five and older, who practice some form of consensual nonmonogamy. It covers both the joys and challenges of multiple relationships for elders and explores how their relationships develop and evolve. Polyamorous elders have the complexities of juggling multiple relationships, as well as navigating all the issues of aging: managing medical conditions and disabilities (their own and/or their partners'); assuming caregiving responsibilities for aging relatives; grieving the deaths of parents, siblings, and partners; retiring from careers and starting new lives; and potentially moving into some form of senior living. Drawing from her extensive clinical and personal experience working with this population, Kathy Labriola provides anecdotes from polyamorous elders' lives, including the

constellation of relationships surrounding each individual, couple, or triad. This guide will help health care and mental health clinicians, researchers, and professionals, as well as polyamorous elders and their loved ones, better understand the concerns and diverse lifestyles of this population to better represent and support them.

The SAGE Handbook of Global Sexualities Random House LLC

The SAGE Handbook of Global Sociology addresses the 'social', its various expressions globally, and the ways in which such understandings enable us to understand and account for global structures and processes. It demonstrates the vitality of thought from around the world by connecting theories and traditions, including reflections on European colonization, to build shared, rather than universal, understandings. Across 36 chapters, the Handbook offers a series of perspectives and cases from different locations, enabling the reader better to understand the particularities of specific contexts and how they are connected to global movements and structures. By moving beyond standard accounts of sociology and social theory, this Handbook offers both valuable insight into and scholarly contribution to the field of global sociology. Part 1: Politics Part 2: Labour Part 3: Kinship Part 4: Belief Part 5: Technology Part 6: Ecology

The Jealousy Workbook Routledge

This book introduces polyamorous families and explains how they come to be, manage the ins and outs of daily family life, and cope with the challenges they face both within their families and from society at large. Sheff investigates the polyamorous household and reveals its a...

Handbook of LGBTQ-Affirmative Couple and Family Therapy SAGE Publications Limited

"Evolutionary social science is having a renaissance. This volume showcases the empirical and theoretical advancements produced by the evolutionary study of romantic relationships. The editors assembled an international collection of contributors to trace how evolved psychological mechanisms shape strategic computation and behavior across the lifespan of a romantic partnership. Each chapter provides an overview of historic and contemporary research on the psychological mechanisms and processes underlying initiation, maintenance, and dissolution of romantic relationships. Contributors discuss popular and cutting-edge methods for data analysis and theory development, critically analyse the state of evolutionary

relationship science, and provide discerning recommendations for future research. The handbook integrates a broad range of topics (e.g., partner preference and selection, competition and conflict, jealousy and mate guarding, parenting, partner loss and divorce, and post-relationship affiliation) that are discussed alongside major sources of strategic variation in mating behavior, such as sex and gender diversity, developmental life history, neuroendocrine processes, technological advancement, and culture. Its content promises to enrich students' and established researchers' views on the current state of the discipline and should challenge a diverse cross-section of relationship scholars and clinicians to incorporate evolutionary theorizing into their professional work"--

A Clinician's Guide to Systemic Sex Therapy

Rowman & Littlefield

A primer on explaining to friends, family, and coworkers what "consensual nonmonogamy" means, and what living it means for you.

The Polyamory Toolkit iUniverse

For nearly two decades Dan and Dawn have navigated their journey in polyamory by being proactive, insightful and analytical. Early on, there was very little information or resources available, so the

adventure required them to learn from their mistakes as well as their successes. Each have multiple partners and have a history of polyamory relationships lasting multiple years. They have put the time and thought into creating a "toolkit" of knowledge others can implement to help their relationships survive and thrive. Dan and Dawn write in an anecdotal, conversational style that is easy to absorb and use.

Handbook of the Sociology of Sexualities Taylor & Francis

This Handbook is the first volume to address the dynamic issues related to sexuality from a social work perspective by providing a comprehensive, current and international overview of issues related to sexuality. It explains how each issue is important and critically discusses the leading views in the area, providing diverse and inclusive perspectives from leading scholars in the field. Divided into seven parts: Structural Context Sexual Identities Sexuality through the Lifespan Health, Mental Health, and Sexuality Sexual Health and Well-Being: Pleasure, Desire, and Consent Practice Issues Regulating Sexuality: Historical and Contemporary Legislation It will be of interest to students, academics, researchers, and practitioners of social work and related health and social care subjects, and is particularly relevant for practice courses as well as courses on Human

Growth and Development and Human Behavior in the Social Environment.

Fraught Intimacies SAGE

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.

The Oxford Handbook of the Philosophy of Love North Atlantic Books

No one likes a know-it-all, but everyone loves a girl with brains and heart. The Smart Girl's Guide to Polyamory is an intelligent and comprehensive guide to polyamory, open relationships, and other forms of alternative love, offering relationship advice radically different from anything you'll find on the magazine rack. This practical guidebook will help women break free of the mold of traditional monogamy, without the constraints of jealousy, possessiveness, insecurity, and competition. The Smart Girl's Guide to Polyamory incorporates interviews and real-world advice from women of all ages in nontraditional relationships, as well as exercises for building self-awareness, confidence in communication, and strategies for managing and eliminating jealousy. If

you're curious about exploring group sex, opening up your current monogamous relationship, or ready to "come out" as polyamorous, this book covers it all! Whether you're a seasoned graduate, a timid freshman, or somewhere in between, you'll learn how to discover and craft unique relationships that are healthy, happy, sexy, and tailor-made for you. Because when it comes to your love life, being a know-it-all is actually a great thing to be.

Gender in Philosophy and Law UBC Press

This book is an introductory systematic framework in the complex and interdisciplinary sex/gender debate, focusing on philosophy of law. The volume analyses the different theories that have dealt with the gender category, highlighting the conceptual premises and the arguments of the most influential theories in the debate, which have had repercussions on the field of the ethical and juridical debate (with reference to intersexuality, transsexualism, transgender, homosexuality). The aim is to offer a sort of conceptual orientation in the complexity of the debate, in an effort to identify the various aspects and development processes of the theories, so as

to highlight the conceptual elements of the theorisations to grasp the problem areas within them. It is therefore an overall synthetic and also explicative analysis, but not only explicative: the aim is to outline the arguments supporting the different theories and the counter-arguments too, for the purpose of proposing categories to weigh up the elements and to take one's own critical stance, with a methodological style that is neither descriptive nor prescriptive, but critical. ?

Love In Abundance Second Edition SCB

Distributors

Moving away from the sugar-coated honor-student answers, Page Turner leaves little to the imagination about opening a marriage, while exploring her bisexuality and self-worth. Travel through a complicated polyamorous web, in which her partners do their best to sabotage each other, break the rules, and eventually commit assault.

The Palgrave Handbook of the Psychology of Sexuality and Gender Thornapple Press

This two-volume Handbook provides a major thematic overview of global sexualities, spanning each of the continents, and its study, which is both reflective and

prospective, and includes traditional approaches and emerging themes. The Handbook offers a robust theoretical underpinning and critical outlook on current global, glocal, and 'new' sexualities and practices, whilst offering an extensive reflection on current challenges and future directions of the field. The broad coverage of topics engages with a range of theories, and maintains a multi-disciplinary framework. PART ONE: Understanding Sexuality: Epistemologies/Conceptual and Methodological Challenges PART TWO: Enforcing and Challenging Sexual Norms PART THREE: Interrogating/Undoing Sexual Categories PART FOUR: Enhancement Practices and Sexual Markets/Industries PART FIVE: Sexual Rights and Citizenship (And the Governance of Sexuality) PART SIX: Sexuality and Social Movements PART SEVEN: Language and Cultural Representation

Handbook of the Clinical Treatment of Infidelity BalboaPress

Adultery scandals involving politicians. Dating websites for married women and men. Raids of polygamous communities. Reality shows about polyamorists. It seems that non-monogamy is everywhere: in popular culture, in the news,

and before the courts. In *Fraught Intimacies*, Nathan Rambukkana examines how polygamy, adultery, and polyamory are represented in the public sphere and the effect this is having on intimate relationships and aspects of contemporary Western society. As this book demonstrates, although monogamy is considered and presented as the norm in Western society, many kinds of sexual and romantic relationships exist within its borders. Rambukkana's intricate analysis reveals how some forms of non-monogamy are tacitly accepted, even glamourized, while others are vilified and reviled. By questioning what this says about intimacy, power, and privilege, this book offers an innovative framework for understanding the status of non-monogamy in Western society.

It's Called Polyamory Oxford University Press

As the first comprehensive, intersectional examination of consensual non-monogamy, this handbook provides evidence-based research and practice across mental health disciplines on working with consensual non-monogamous (CNM) people and relationships. Leading experts in this emerging field provide counselor educators and practicing clinicians with the authoritative, essential information they need to serve a growing—yet

frequently stigmatized—client population with affirmative, research-based, ethical care. Readers will learn basic information related to the development of their own unique relational information, acquire knowledge about CNM and CNM-focused communities, discern how identity, culture, and community impact intimacy and functioning, and take away practical recommendations, insights, and tools to promote CNM-affirming practice across settings, services and populations.

Adultery Rowman & Littlefield

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