
Read Online Mating Captivity Unlocking Erotic Intelligence

Recognizing the quirk ways to get this books **Mating Captivity Unlocking Erotic Intelligence** is additionally useful. You have remained in right site to begin getting this info. acquire the Mating Captivity Unlocking Erotic Intelligence colleague that we meet the expense of here and check out the link.

You could purchase guide Mating Captivity Unlocking Erotic Intelligence or acquire it as soon as feasible. You could quickly download this Mating Captivity Unlocking Erotic Intelligence after getting deal. So, with you require the books swiftly, you can straight acquire it. Its as a result definitely simple and as a result fats, isnt it? You have to favor to in this announce

5H1AXZ - HIGGINS TYRESE

Have you ever wondered what the future may look like? In this book, you'll explore 10 ways technology could alter our way of life. The challenge for you is to decide which changes you want for yourself and the world. In the future, will we teleport from place to place, keep dinosaurs as pets or 3D-print our dinner? Will we live on Mars or upload our brains to computers? Could we solve climate change by making all our energy from mini stars we build here on earth? This fascinating and thought provoking book from science writer Kathryn Hulick explores the possible fu-

tures humanity will face, and how we will live as the world around us changes beyond our recognition. From genetic engineering and building floating colonies in space to developing telepathic technology and bionic body alterations, this engagingly illustrated book looks into the possible future technologies which will shape how we live and how we adapt to the challenges of the future. In this book, you'll meet the scientists working to bring science fiction to life and learn how soon we might have amazing new technology. You'll also delve deep into questions about right and wrong. Just because we can do

something doesn't mean we should. How can we build the best possible future for everyone on Earth?

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 marri-

ages. How can reality be reconciled with the accepted narrative? It can't be, according to renegade thinkers Christopher Ryan and Cacilda Jeth . While debunking almost everything we "know" about sex, they offer a bold alternative explanation in this provocative and brilliant book. Ryan and Jeth '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 Jeth  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.

In this empowering, accessible guide, Jaclyn Friedman—co-editor of *Yes Means Yes*—gives young women the tools to decipher the modern world's confusing, hypersexualized, sometimes dangerous landscape so they can define their own sexual identity. Friedman decries the hypocrisy and mixed messages of our culture (we're failures if we don't act sexy, but we're sluts if we actually pursue sex; we need to be protected from rapists lurking in bushes, but deserve "whatever we get" if we have a drink at a party and wear a skirt), and encourages readers to separate fear from fact, decode the damaging messages all around them, and discover a healthy

personal sexuality. Educational and interactive, *What You Really Really Want* includes revealing quizzes, creative exercises, and reality-based advice about sex and sexuality today. With Friedman's informed advice to guide them, readers will build new skills for safely expressing their sexuality with lovers and explore effective ways to talk about tricky issues with family and friends—and learn how to make the world a little safer for everyone else's sexuality along the way.

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.

The reasons for lack of sexual desire and sexual pleasure can be complicated and intertwined. In her fabulous new book, Dr. Castellanos now breaks down the most common dynamics that can suppress pleasure and squash out desire. Learn what might be taking place in your life or relationship to interfere with the maximum experience of sexual pleasure and arousal. Included in each chapter are clear and help-

ful exercises to help you eliminate barriers that keep you from the full expression of your sexual self. You will learn: - How anxiety can diminish or even eliminate your pleasure - How to remove those thoughts and ideas causing you frustration and disappointment - What it really means to nurture your sexual self - Where the power for your own sexuality really resides - How to overcome negative feelings that damage your desire and your relationship

A NEW YORK TIMES BESTSELLER An essential exploration of women's sexuality that will radically transform your sex life into one filled with confidence and joy. After all the books that have been written about sex, all the blogs and TV shows and radio Q&As, how can it be that we all still have so many questions? The frustrating reality is that we've been lied to — not deliberately, it's no one's fault, but still. We were told the wrong story. *Come as You Are* reveals the true story behind female sexuality, uncovering the little-known science of what makes us tick and, more importantly, how and why. Sex educator Dr Emily Nagoski debunks the common sexual myths that are making women (and some men!) feel inadequate between the sheets. Un-

derlying almost all of the questions we still have about sex is the common worry: 'Am I normal?' This book answers with a resounding Yes! We are all different, but we are all normal — and once we learn this, we can create for ourselves better sex and more profound pleasure than we ever thought possible. PRAISE FOR EMILY NAGOSKI 'As a literary work, Nagoski's book deserves plaudits for the rare achievement of merging pop science and the sexual self-help genre in prose that's not insufferably twee ... "You are normal!" doesn't sound much like a battlecry, but in a world keen to sexually homogenise women from the gap of their thighs to the shape of their mons pubis, the sentiment lands like a bomb.' The Guardian 'Come As You Are screams female empowerment loud and proud.' The Independent A Harvard grad seeks a mate in a cult that forbids monogamy. To pursue love on her own terms, she must brave exile and learn self-trust.

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 attach-

ments 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.

A new, practical workbook from the New York Times bestselling author of *Come As You Are* that allows you to apply the book's groundbreaking research and understanding of why and how women's sexuality works to everyday life. In the twentieth century, women's sexuality was seen as "Men's Sexuality Lite": basically the same, but not quite as good. From genital response to sexual desire to orgasm, we just couldn't understand that complicated, inconsistent, crazy-making "lady business." That is, until Emily Nagoski changed the game with her New York Times best-seller, *Come As You Are*. Using ground-

breaking science and research, she proved that the most important factor in creating and sustaining a sex life filled with confidence and joy is not what the parts are or how they're organized, but how you feel about them. Which means that things like stress, mood, trust, and body image are not peripheral factors in a woman's sexual wellbeing; they are central to it. And, that even if you don't yet feel that way, you are already sexually whole. Nagoski's book changed countless women's lives and approaches to sex, and now she offers the next step. The Come As You Are Workbook is a practical companion to this bestselling guide, filled with new activities, prompts, and thought-provoking examples to help you exercise and expand on the knowledge you've learned. This collection of worksheets, journaling prompts, illustrations, and diagrams is a practical and engaging companion for anyone who wants to further their understanding of their own bodies and sex lives.

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 possi-

ble 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

'I wish this book had been written before I stopped having them. I might have enjoyed them more! It's brilliant, informative and funny. Period.' Jennifer Saunders 'I want to hear what Emma Barnett says about everything, and this terrific and timely book proves to be no exception.' Eliza-

beth Day

While in Africa to work on her thesis project, an American anthropologist falls for Nelson Denoon, the charismatic intellectual who is rumored to have founded a highly secretive utopian society. Reprint. Winner of the National Book Award for Fiction.

There is no shame in erotic orientation. As a heterosexual couple or individual, learn how to have a sex-positive attitude toward your sexual fantasies and minimize any shame you carry about your erotic interests. From the taboo topic of masturbation to more complex subjects such as emotional landscape and attachment, Dr. Joe Kort sheds light in the dark by sharing his more than thirty years experience in sex therapy. The key to happy, healthy sexuality is to not deny ones core erotic orientation.

"After years of debate and inquiry, the key to a great marriage remained shrouded in mystery. Until now..."—Carol Dweck, author of *Mindset: The New Psychology of Success* Eli J. Finkel's insightful and ground-breaking investigation of marriage clearly shows that the best marriages today are better than the best marriages of earlier eras. Indeed, they are the best mar-

riages the world has ever known. He presents his findings here for the first time in this lucid, inspiring guide to modern marital bliss. The All-or-Nothing Marriage reverse engineers fulfilling marriages—from the “traditional” to the utterly nontraditional—and shows how any marriage can be better. The primary function of marriage from 1620 to 1850 was food, shelter, and protection from violence; from 1850 to 1965, the purpose revolved around love and companionship. But today, a new kind of marriage has emerged, one oriented toward self-discover, self-esteem, and personal growth. Finkel combines cutting-edge scientific research with practical advice; he considers paths to better communication and responsiveness; he offers guidance on when to recalibrate our expectations; and he even introduces a set of must-try “lovehacks.” This is a book for the newlywed to the empty nester, for those thinking about getting married or remarried, and for anyone looking for illuminating advice that will make a real difference to getting the most out of marriage today.

Collects top-selected postings on life and relationships from The Rumpus' popular

"Dear Sugar" online column, sharing recommendations on everything from infidelity and grief to marital boredom and financial hardships. Original. 40,000 first printing.

Everyone faces the challenges of making relationships work. Whether with spouses, family members, friends, lovers, or colleagues, relationships have the power to make one feel happy, frustrated, or miserable. In *Relationship Breakthrough*, Cloe Madanes—an expert in creating healing, empowering relationships—gives readers vital tools to transform their relationships and their lives. Madanes's cutting-edge methods produce real results and create rewarding, sustainable relationships. Using simple, step-by-step exercises and drawing on the examples of clients who have benefited from this technique, *Relationship Breakthrough* teaches readers how to:

- overcome life's inevitable losses
- resolve long-standing family conflicts
- synchronize their needs with those of others
- create outstanding relationships in every area of their lives

This is the only book that ties the guiding principles of Tony Robbins's work with Cloe Madanes's revolutionary approach to relationship ther-

apy. Our connections with the people in our lives have the capacity to bring us great joy, if only we understood the fundamental needs we all have, but sometimes express differently. Drawing on her trademark wisdom, empathy, and extensive clinical experience, Madanes shows readers how to better understand their own needs and those of others, bringing clarity and insight into any relationship.

'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.

By the team behind the bestselling *NLP: The New Technology of Achievement* comes an essential new guide to NLP techniques—for self-development and influencing others—in a focused, step-by-step handbook. NLP (Neuro-Linguistic Programming) has already helped millions of people overcome fears, increase confidence, enrich relationships, and achieve greater success. Now, from the company and training team behind *NLP: The New Technology of Achievement*, one of the bestselling NLP books of all time, comes *NLP: The Essential Guide to Neuro-Linguistic Programming*. Written by three NLP Master Practitioners and training coaches, including the president of NLP Comprehensive, with an introduction from the President of NLP Comprehensive, *NLP: The Essential Guide to Neuro-Linguistic Programming* guides

users to peak performance in business and life, and gets specific results. In twelve illuminating sections, *NLP: The Essential Guide to Neuro-Linguistic Programming* leads you through dozens of “discoveries”—revelations of NLP practice that enable you to explore your own personal thinking patterns, to manage them—and to transform them. Divided into two categories, “All About You” and “All About the Other Guy,” these strategies offer a personal and interpersonal program that frees you to become better at managing your feelings instead of being dominated by them, managing your motivations, being less judgmental, more productive, more confident, more flexible, more persuasive, liked, and respected. Chapters on “Personal Remodeling” (Discovery 9: No inner enemy) and “Secrets of Making Your Point” (Discovery 31: Convey understanding and safety without talking), enhance creativity, collaboration, cooperation, and communication. Through “mind reading” techniques—non-verbal communication, and “hearing what’s missing”—learn the secrets of relating with others, understanding how they are thinking—and influencing them. A streamlined all-purpose guide for

both newcomers and NLP veterans, *NLP: The Essential Guide to Neuro-Linguistic Programming* is the new all-in-one, eye-opening blueprint for your own ultimate success.

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.

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."

Effective techniques for fashioning pleasurable and satisfying sex lives. Here, Shelley K. Green and Douglas Flemons gather a

wonderful array of approaches to sex therapy, each presented by a well-known therapist in the field. "Quickies" takes its cue from clients and keeps it positive and quick, as readers are reminded that the point of sex therapy is sexual change.

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

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?

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.

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.

This is not your standard sex book. Sex therapist, sociologist, and *Psychology Today* contributor Dr. Marty Klein goes beyond the sex manuals to reveal how our mindsets during sex are more important than any tricks or techniques—and that the way to a healthier, more exciting, more fulfilling sex life lies in first developing our sexual intelligence. This book is

the antidote to the many gimmick-oriented sex guides and manuals; Dr. Klein shows us how to reorient how we think about sex in order to experience a truly different way of being sexual. “Marty Klein is the Steve Jobs of sex advice. . . . *Sexual Intelligence* is a work of enormous wisdom and expansiveness, and will inspire readers, regardless of age, to realize their full sexual potential.” —Ian Kerner, best-selling author of *She Comes First*

When a career-ending injury left elite athlete and professional football player Lewis Howes out of work and living on his sister's couch, he decided he needed to make a change for the better. He started by reaching out to people he admired, searching for mentors, and applying his past coaches' advice from sports to life off the field. Lewis did more than bounce back: He built a multimillion-dollar online business and is now a sought-after business coach, speaker, and podcast host. In the *New York Times* bestseller *The School of Greatness*, Howes shares the essential tips and habits he gathered in interviewing “the greats” on his wildly popular podcast of the same name. In discussion with people like Olympic gold medalist Shawn Johnson and

Pencils of Promise CEO Adam Braun, Howes figured out that greatness is unearthed and cultivated from within. The masters of greatness are not successful because they got lucky or are innately more talented, but because they applied specific habits and tools to embrace and overcome adversity in their lives. A framework for personal development, *The School of Greatness* gives you the tools, knowledge, and actionable resources you need to reach your potential. Howes anchors each chapter with a specific lesson he culled from his greatness “professors” and his own experiences to teach you how to create a vision, develop hustle, and use dedication, mindfulness, joy, and love to reach goals. His lessons and practical exercises prove that anyone is capable of achieving success and that we can all strive for greatness in our everyday lives.

Covers many aspects of adult human sexuality, with a brief historical and educational overview of the body and detailed descriptions of various techniques, acts, and fantasies.

“What happened to the passion we started with? Why aren't we as close as we used

to be?" PROBLEM: If you are a woman who is unfulfilled in your marriage...if you feel unheard or overburdened...if you quietly live in a state of slow-burn resentment... PROBLEM: If you are a man unhappy that your partner seems so unhappy with you...if you feel bewildered, unappreciated, or betrayed... This book offers a solution Bestselling author and nationally renowned therapist Terrence Real unearths the causes of communication blocks between men and women in this groundbreaking work. Relationships are in trouble; the demand for intimacy today must be met with new skills, and Real -- drawing on his pioneering work on male depression -- gives both men and women those skills, empowering women and connecting men, radically reversing the attitudes and emotional stumbling blocks of the patriarchal culture in which we were raised. Filled with powerful stories of the couples Real treats, no other relationship book is as straight talking or compelling in its innovative approach to healing wounds and reconnecting partners with a new strength and understanding. In the newest edition of this classic text, veteran authors Barry and Emily McCarthy

explain how desire, pleasure, and satisfaction can enrich your relationship. As the premier book on the subject, *Sexual Awareness* focuses on factors that promote and subvert healthy couple sexuality. Reading this book and partaking in the psychosocial skill exercises it contains will help couples learn how to value sexuality as a positive and satisfying part of their lives. Couples at any stage of their relationship will learn how to enhance sexual awareness, communication, feelings, and function. The result will be enhanced desire and eroticism that will help couples understand themselves and each other better. 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! "Required reading for every woman who longs to step into her power and live with pleasure and purpose." — Kris Carr, New York Times best-selling author, educator, and School of Womanly Arts founder Regena Thomashauer has been working with women for the past 25 years, and what began as just a few women in her living room has since grown into a global movement with thousands of graduates worldwide. In her New York Times best-seller *Pussy: A Reclamation*, she reveals what no one taught you about the source of your feminine power and how to use it. This power is the part of a woman that she has been taught to ignore, push down, and

despise. Indeed, the word that most viscerally sums it up is "arguably the most powerful pejorative word in the English language." Like any expletive used effectively, the title of this book is meant to be a wake-up call. It is a reclamation, in a world that desperately requires the feminine. Readers learn the secret ingredient every woman is missing; how to crack the confidence code; why sex appeal is an inside job; what's ahead on the next frontier of feminism—and how they can help make it happen; and much more. By turns earthy and erudite, passionately argued and laugh-out-loud funny, Pussy delivers the tools and practices a woman requires to do and be whatever she wants in this life. It's a call for her to tune in, turn on, and not drop out—but live more richly, fully, and lusciously than she ever thought she could.

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

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.

Can sex survive monogamy? Yes, once you understand how sexual emotions really work. This acclaimed, paradigm-shifting guide turns traditional sex therapy insid-

e-out to reveal the hidden rules for great sex. Gentle, compassionate, and filled with compelling stories from Dr. Stephen Snyder's thirty years as a sex therapist working with over 1,500 individuals and couples, *Love Worth Making* is essential reading for anyone hoping to keep sexual inspiration alive in a committed relationship.

Now in paperback, a romantic love story by the great Brazilian writer Lóri, a primary school teacher, is isolated and nervous, comfortable with children but unable to connect to adults. When she meets Ulisses, a professor of philosophy, an opportunity opens: a chance to escape the shipwreck of introspection and embrace the love, including the sexual love, of a man. Her attempt, as Sheila Heti writes in her afterword, is not only "to love and to be loved," but also "to be worthy of life itself." Published in 1968, *An Apprenticeship* is Clarice Lispector's attempt to reinvent herself following the exhausting effort of her metaphysical masterpiece *The Passion According to G. H.* Here, in this unconventional love story, she explores the ways in which people try to bridge the gaps between them, and the result, unusual in her work, surprised many readers and became

a bestseller. Some appreciated its accessibility; others denounced it as sexist or superficial. To both admirers and critics, the olympian Clarice gave a typically elliptical answer: "I humanized myself," she said. "The book reflects that."

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 impres-

sive." —Gary Chapman Includes an updated version of *The 5 Love Languages®* personal profile.

Discover the secrets to successful open relationships. *A Happy Life in an Open Relationship* is a handbook to healthy non-monogamous relationships. For anyone curious about open relationships, here is a valuable handbook from an expert in love, sex, and communication. Relationship therapist Susan Wenzel—who is in an open marriage herself—delivers skillful advice on how to navigate the complex emotional landscape of multi-partner relationships, from polyamory to swinging. • Filled with of compelling personal stories, anecdotes from clients, and practical exercises • A guide to cultivating harmonious and fulfilling open relationships • Author Susan Wenzel is a sex and relationship therapist with years of experience counseling patients on issues related to monogamy, intimacy, and trust. *A Happy Life in an Open Relationship* will help you develop your trust and communication skills, explore sexuality and desire, build your confidence and self-worth, set healthy boundaries, overcome jealousy, and so much more. People interested in making changes in

their relationships will appreciate the positive tone, helpful advice, and expert wisdom from an accomplished relationship therapist who has gone through the experience herself. • A great book for anyone interested in testing the boundaries of monogamy and exploring the world of polyamory • An accessible and inviting guide for couples to build an open relation-

ship that is strong and lasting • Perfect for fans of *Mating in Captivity: Unlocking Erotic Intelligence* and *The State of Affairs: Rethinking Infidelity* by Esther Perel, *The Commitment: Love, Sex, Marriage, and My Family* by Dan Savage, and *Sex at Dawn: How We Mate, Why We Stray, and What It Means for Modern Relationships* by Christopher Ryan

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.