

Polyamory Resources

Recommended Reading

- **More Than Two: A Practical Guide to Ethical Polyamory**, by Franklin Veaux and Eve Rickert (Thorntree Press, Sept. 2, 2014). 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 the new book *More Than Two* can help you find your own way. With completely new material and a fresh approach, Franklin Veaux and Eve Rickert wrote *More Than Two* to expand on and update the themes and ideas in the wildly popular polyamory website www.morethantwo.com.

- **Sex at Dawn: The Prehistoric Origins of Modern Sexuality***, by Christopher Ryan and Cacilda Jethá (HarperCollins, June 2010)

- **The Ethical Slut, Second Edition; A Practical Guide to Polyamory, Open Relationships & Other Adventures**, by Dossie Easton and Janet W. Hardy (Ten Speed Press, March 2009). **The essential guide for singles and couples who want to explore polyamory in ways that are ethically and emotionally sustainable.**

- **Opening Up: A Guide to Creating and Sustaining Open Relationships**, by Tristan Taormino (Cleis Press, May 2008). Relationship expert and bestselling author Tristan Taormino offers a bold new strategy for creating loving, lasting relationships

- **The Polyamory Handbook: A User's Guide**, by Peter J. Benson (Author House, March 2008). You've probably heard of polyamory-expanded loving relationships, done openly and honestly. Maybe you've had caring feelings for someone else even though you love your spouse or partner as deeply as always.

The Polyamorists Next Door: Inside Multiple-Partner Relationships and Families, by Elisabeth Sheff (Rowman & Littlefield, Nov. 2013). *The Polyamorists Next Door* introduces polyamorous families, in which people are free to pursue emotional, romantic, and sexual relationships with multiple people at the same time, openly and with support from their partners, sometimes forming multi-partner relationships, or other arrangements that allow for emotional and sexual freedom within the family system.

- **The Jealousy Handbook: Exercises and insights for managing open relationships**, by Kathy Labriola (Greenery Press, Sept. 2013). A counselor and nurse specializing in polyamorous singles, couples and groupings, Kathy Labriola has spent many years helping people to understand and manage their jealousy.

- **Polyamory in the 21st Century: Love and Intimacy with Multiple Partners**, by Deborah Anapol (Rowman & Littlefield, July 2010). Unlike other books on this topic, Polyamory in the 21st Century weaves together research and facts to provide an informed and impartial analysis of polyamory as a lifestyle and as a movement, and to place it in a psychosocial as well as an historical context.

Web Resources

Emotional maturity

<http://www.coachingpositiveperformance.com/12-signs-of-emotional-maturity/>

<http://www.mindbodygreen.com/0-16995/9-signs-of-emotional-maturity.html>

<http://www.management-issues.com/opinion/6811/emotional-intelligence-or-emotional-maturity/>

Dealing with insecurity:

<http://www.lifehack.org/articles/communication/7-ways-let-insecurity-your-relationship.html>

<http://www.uncommonhelp.me/articles/overcoming-insecurity-in-relationships/>

<http://psychcentral.com/blog/archives/2013/06/08/5-things-to-do-when-you-feel-insecure/>

<http://www.lifehack.org/articles/communication/7-ways-let-insecurity-your-relationship.html>

<http://www.pathwaytohappiness.com/writings-insecurity.htm>

<http://www.bustle.com/articles/110340-11-things-to-tell-yourself-when-youre-feeling-insecure>

Dealing with jealousy

<http://www.psychalive.org/how-to-deal-with-jealousy/>

<http://m.wikihow.com/Handle-Jealousy>

<http://www.lovepanky.com/love-couch/sweet-love/how-to-deal-with-jealousy-in-a-relationship>

http://www.pathwaytohappiness.com/relationship_jealousy.html

Misc Web Resources

Polyamory FAQ: <https://www.morethantwo.com/polyamory.html>

What Psychology Professionals Should Know About Polyamory: download the PDF
https://ncsfreedom.org/images/stories/pdfs/KAP/2010_poly_web.pdf

Polyamory – What, Why, How?: <https://www.morethantwo.com/polyamory.html>

10 Rules for Happy Non-Monogamy: <https://sexgeek.wordpress.com/2007/06/10/10-realistic-rules-for-good-non-monogamous-relationships/>

Practical tips: practicalpolyamory.blogspot.com

Incisive intellectual / academic essays by Pepper Mint, SF poly activist:
<http://freaksexual.wordpress.com/>

Poly Canada yahoo group, which among other things posts a monthly Poly FAQ list of active Canadian poly groups:
polyamorycanada-subscribe@yahogroups.com

The site for Tristan Taormino's non-monogamy book, *Opening Up*: <http://www.openingup.net/>

Up-to-date notices of poly topics in the media: <http://polyinthemedia.blogspot.com/>

Institute for 21st Century Relationships: <http://www.lovethatworks.org/>

General info: <http://www.polyamory.org/>

Poly book list and other resources: <http://www.polychromatic.com/>

General poly info: <http://www.polyamory.com/forum/>

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