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"This is the book you want to read if you're looking for a voice that is balanced, sensitive, and sensible when tackling the thorny question of sexual boundaries in love relationships. *Opening Up* is sure to open up your mind."

—Esther Perel, author of *Mating in Captivity: Unlocking Erotic Intelligence*

Opening Up

A Guide to Creating and Sustaining Open Relationships

by **Tristan Taormino**

It's no secret that traditional monogamous marriage in America is in serious trouble and has been for quite a while. Marriage rates have declined, divorce rates have increased, and infidelity is epidemic. The number of articles, books, talk show episodes, and therapy sessions devoted to "bringing back the spark" in a couple's relationship is staggering. While some resort to cheating, serial monogamy, or "starter marriages," a growing number of people have opted to create satisfying, lasting partnerships another way—by opening up their relationships. Unlike monogamy, there are no scripts or models for these alternative relationships, so people in them can struggle without guidance, advice, or role models.

Now, in *Opening Up: A Guide to Creating and Sustaining Open Relationships*, relationship expert and bestselling author Tristan Taormino gives readers practical advice on how to craft responsible, fulfilling nonmonogamous relationships. In addition, the book offers an unprecedented look at the lives of real people in open relationships and their secrets for success.

Refreshing, accessible, and jam-packed with information, *Opening Up* dispels myths, explores the real-life benefits and challenges, and helps readers decide if an open relationship is right for them. For those already exploring nonmonogamy, *Opening Up* offers strategies for making an open relationship work, including tips on communication, negotiation, jealousy, boundary setting, and conflict resolution. With her trademark down-to-earth, sex-positive style and sharp

wit, Taormino covers different styles of open relationships from partnered nonmonogamy to solo polyamory as well as topics like coming out, finding community, and parenting.

Woven throughout the book are the diverse voices of real people in open relationships—from a woman with two husbands and a suburban swinger couple to polyamorous parents and a gay male triad—who candidly share their struggles, fears, hopes, and successes. Taormino's extensive interviews of over one hundred people from all over the United States provide stories that are fascinating and compelling, and set *Opening Up* apart from all other books on the topic.

Opening Up is an indispensable resource for people considering an open relationship, those who are already exploring nonmonogamy, as well as mental health professionals, friends, family, and loved ones who want to better understand what they're all about. In a society where many people feel dissatisfied with monogamy and dishonesty in relationships runs rampant, *Opening Up* offers a bold, brave new strategy for creating loving, lasting relationships.

TRISTAN TAORMINO is a bestselling author, columnist, filmmaker, and sex and relationship expert. Her popular *Village Voice* column "Pucker Up" is nationally syndicated, and she is the author of *The Ultimate Guide to Anal Sex for Women*, *Down and Dirty Sex Secrets*, and *True Lust*. She is also an award-winning adult film director and creator of Vivid Entertainment's sex education video line, Vivid-Ed. She lectures at top colleges and universities, co-produces sexuality retreats on the East Coast, and teaches sex and relationship workshops around the world. She lives in Upstate New York and on the web at PuckerUp.com and OpeningUp.net.

More Advance Praise:

"Taormino cuts through all the utopian theory and gets down to what people really need: the nuts and bolts of how open relationships work. I want to give *Opening Up* to everyone I know who asks, 'How do you do it?'" —Susie Bright

"A luscious smorgasbord of nonmonogamy as an opportunity for breaking free of the one-way model of sex and love. Taormino's discussion is remarkably nuanced and balanced—and encourages readers to proceed with their eyes wide open."
—Jack Morin, PhD, author of *The Erotic Mind*

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