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# Opening Up: A Guide To Creating And Sustaining Open Relationships



## Synopsis

Relationship expert and bestselling author Tristan Taormino offers a bold new strategy for creating loving, lasting relationships. Drawing on in-depth interviews with over a hundred women and men, *Opening Up* explores the real-life benefits and challenges of all styles of open relationships - from partnered non-monogamy to solo polyamory. With her refreshingly down-to-earth style and sharp wit, Taormino offers solutions for making an open relationship work, including tips on dealing with jealousy, negotiating boundaries, finding community, parenting and time management. *Opening Up* will change the way you think about intimacy. Tristan Taormino is an authority in the field of erotica and sexuality. Along with working as a feminist author, columnist, activist, and educator, she has been featured as *Out* magazine's 100 Gay Success Stories of the Year and *The Advocate's* Best and Brightest Gay & Lesbian People Under 30. In addition to all of this, Taormino recently appeared in the E! Special "The Real 50 Shades of Grey."

## Book Information

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## Customer Reviews

Extremely helpful book. Not only have I learned so much about all the different relationship styles out there, but the extensive amount of interviews with real-life polyamorists make me realize that I am not alone and just because I feel one way versus another doesn't mean I'm "wrong" or not doing polyamory right. I also (as a bisexual white woman dating a bisexual black man) appreciate the wide array of lives from which the interviews were taken (yay intersectionality!) to fight the stereotype that it's only white couples in this game. There's so much good advice about communication and emotions that even monogamous couples would find a lot of useful stuff in here. Only thing I would

do different is maybe include more exercises and perhaps even some examples of "contracts" to give people more to start with. And even though the author made a lot of effort to not be "couple-centric" there were large stretches of the book that seemed to ignore solo polyamorists. These were very minor niggles about an otherwise excellent book that I'll be recommending to anyone interested in non-monogamy.

I am happy with new information that help me to understand how the polyamorous relationship work. Nice to know what can I do with the kind of relationship--like scheduling myself for some hours with each woman. Nice to know about the compersion and about what I do with the jealousy. I don't know what else to say about this book beside how much I appreciate and understand how it worked after I had encountered some polyamorous people. Now, I am very comfortable with the certain people without alienate their relationships with others than just a spouse. I recommend this to you if you are serious about getting into a polyamorous adventure, please buy this book and learn something new. That's all I can said about this book, thank you for reading my review.

This is exactly what I needed to read, the writing is easy to follow and the examples and interviews add a lot of extra "meat" to it. I felt lost about my relationships until Tristan helped put the pieces together. I've since lent the book out to others and highly recommend it for people of any relationship style. I'll keep going back to it again and again!

The extremely high divorce rate shows that monogamy doesn't work for the majority of people. This book gives insights into other possible relationship styles that can work and be legitimate options for many people. If you have ever considered a different path than the traditional or if you have someone in your life that is leading a different lifestyle then this book can be a helpful guide to understanding how it all works. For the slightly conservative people that might read this book please don't get side tracked by the inclusion of information about gay, bisexuality and BDSM not all open and poly relationships include these elements. My only wish was that the book would have been longer and included more details about the people's relationship that were interviewed.

I loved this book! It was my first book purchase on my Kindle. To sum up the book, and the "secret" to great relationships is communication and trust. This whole book rang true for me. I've been in a monogamous marriage for 26+ years. That marriage is now ended. What killed it? Lack of communication--lack of telling the other person one's inmost thoughts and feelings. Whether

polyamory is right for you, or not, if you fully incorporate what Tristan is saying, in any of your close relationships, then you will be far ahead of the rest of the herd.

This is an excellent work for anyone with questions about the status quo on relationships. Tristan uses statistics to show the problems with relationships as they exist in society today. She then presents the different relationship options she has come across and the basic framework for them. In support of each of these relationship types she presents cases of individuals and couples who practice that relationship type. Her writing style and presentation are easy to read and informative. I highly recommend this book to anyone who wants to learn about alternative relationship options. Jeffery Stephenson

Although I found "The Ethical Slut" somewhat more inspiring, I've found this book to be THE primer to recommend / give to anyone new to exploring the idea, or practicalities of open relationships, by way of a dispassionate, if positional look across the whole gamut of relationship models. After reading this, even if you still choose monogamy, your perspective will be for ever changed.

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