

The Smart Girl's Guide to Polyamory: Everything You Need to Know About Open Relationships, Non-Monogamy, and Alternative Love

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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 out 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 opening up your current monogamous relationship, exploring group sex, 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 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.

Dedeker Winston was raised to be a wholesome, born-again Christian conservative but later opted to be a sex-positive polyamory activist, relationship coach, reality-TV celebrity, and nude model. She currently provides one-on-one coaching services for people transitioning into non-monogamy. When she isn't coaching, writing, or spending time with her multiple partners, she enjoys backpacking around the globe, playing video games, and obsessively applying lip balm. She is from Chico, California. Smart' is definitely the right word for this thoughtful, well-researched, and practical guide to the female side of polyamory." Janet W. Hardy, coauthor, *The Ethical Slut*

"More than just a 'glimpse into a world outside the status quo,' Dedeker Wilson's new book *The Smart Girl's Guide to Polyamory* guides readers on a sassy romp through introducing and defining polyamory, to finding out what others have said about it, and ending up outside the classroom, the closet, and the norm. Witty and substantial at the same time, this is the perfect book for anyone seeking an informative and entertaining 'alternative education on love.'" Elisabeth Sheff, author of *The Polyamorists Next Door*, *Stories from the Polycule*, and *When Someone you Love is Polyamorous*

"Behind the modern polyamory movement is a deeper concept: relationship choice. Dedeker Winston explains, with wit and insight, how you can shed society's off-the-shelf, one-size-fits-all relationship model and successfully design your own. You and your partner, or partners, can build your intimate lives together in new ways that work best for all of you ethically, honestly, and with mutual care and understanding. . . .

"Women are leading this movement, and Winston is one of the smartest. As she tells from experience, it won't be easy. Designer relationships require extraordinary communication, self-insight, and good hearts all around. And a fearless embrace of agency and autonomy, in both yourself and others. The poly community's collective wisdom hard-earned through sometimes bitter experience -- will be a huge aid in avoiding known pitfalls and not re-inventing wheels. Whether you end up choosing 'conscious monogamy' or one of the many

types of ethical nonmonogamy, this book will point you right." Alan MacRobert, Polyamory in the News

"Written with women in mind, Winston's book is a colorfully written manual for anyone who's curious about what polyamory does and doesn't mean, or who's realizing that traditional relationships may not be for them." -Inverse

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👩 👩 👩 👩 👩 . The feisty heroines of these six folk tales all share one important quality: they are extremely SMART!The smart heroines of these folk tales come from different countries around the world."